



**UNIVERSITY OF ALBERTA**  
**FACULTY OF MEDICINE & DENTISTRY**  
Department of Medicine



## **HEALTH & AGING — DARE TO AGE WELL!**

### **3 EXPERTS IN ONE ROOM TO PROVIDE YOU WITH INFORMATION ON HOW TO AGE WELL**

#### **MENTAL WELL BEING AND LATER LIFE**

##### **Depression, The Peril of Low Mood**

Speaker: Dr. Adrian Wagg, Professor of Healthy Aging & Geriatrician, University of Alberta

##### **Coping with Anxiety**

Speaker: Dr. William Gibson, Clinical Research Fellow, University of Alberta

##### **Depression, Anxiety & Sleep - Alternative Approach**

Speaker: Dr. Angela Juby, Associate Professor and Geriatrician, University of Alberta

**Ask the experts** – these experts will answer your questions on healthy aging.

Facilitator: Dr. Saima Rajabali, Research Coordinator, University of Alberta

**When: Thursday, October 1, 2015**

**Time: 1:30 — 3:30 pm**

**Where: Central Lions Seniors**

**Recreation Centre,**

**11113 113 Street, NW**

**Edmonton, AB**

**Please confirm your attendance:**

**Contact:**

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