



SENIORS' HEALTH & WELLNESS FORUM



Presented by
agefriendly
EDMONTON

Seniors' Health & Wellness Forum 2017 Volunteer Information

What is the Seniors' Health & Wellness Forum?

The Seniors' Health & Wellness Forum, presented by Age Friendly Edmonton, is a free, one-day event that gives organizations and businesses a forum where seniors, their families and caregivers can obtain information and resources pertaining to health, wellness and social supports vital to aging in place. The Seniors' Health & Wellness Forum will follow the same event format as the annual Seniors' Housing Forum. There will be information sessions on a variety of topics related to health, wellness and aging in place. This is the second time the Seniors' Health & Wellness Forum has been held, with participant attendance last year ranging between 650-700 and 45+ exhibitors in attendance.

Sessions for the Forum have been developed with the **Thinking About Your Future: Plan now to Age in Place** checklist, produced by the Federal/Provincial/Territorial Ministers Responsible for Seniors, as a framework to identify the most appropriate information and topics for seniors to consider.

Where and When?

Saturday, November 4, 2017
9:00am – 2:30pm
Central Lions Seniors Recreation Centre
11113 113 Street, Edmonton, AB

Parking

Free parking available on site.

Volunteer Positions

Event Setup: 6-8 volunteers are needed for this position. This volunteer position is responsible for assisting with the setup of the event (e.g., stuffing participant bags, setting up chairs, tables, etc.). The volunteer(s) must be available to set up on Friday, November 3 from 1:00pm – 5:30pm.

We are also looking for 2-4 volunteers to stay for the day at the front and back doors to hand out bags and answer questions.

Moderator: 3 volunteers are needed for this position. This position is responsible for ensuring things run smoothly in the various session locations (Large Auditorium, Small Auditorium, Atrium). The volunteer(s) will read from a script that will be provided to them. The volunteer(s) must be available on Saturday, November 4 from 9:30am – 2:30pm.

Room Helpers (for moderators): 2-4 volunteers are needed in each room to give the moderator an extra set of hands. The volunteer(s) must be available on Saturday, November 4 from 9:30am – 2:30pm.

Parking Assistant: 2 volunteers are needed for this position. This position is responsible for directing traffic at the event. Volunteers will receive radios and parking vests. The volunteers must be available on Saturday, November 4 from 7:30am from 10:30am

Handing out participant bags/boxed lunches: 4-5 volunteers are needed to hand out participant bags to seniors. The volunteer(s) must be available on Saturday, November 4 from 8:30am – 11:00am. If the volunteer(s) can stay and assist with handing out boxed lunches from 12:30pm – 1:30pm that would be appreciated

Schedule of Events

8:00am – 8:30am	<ul style="list-style-type: none"> • Set up booths. • Continental breakfast provided for Volunteers.
9:00am	<ul style="list-style-type: none"> • Doors open to participants. • One hour booth viewing in Gym.
10:00am	<ul style="list-style-type: none"> • Room moderators welcome participants in all rooms.
10:15am	<ul style="list-style-type: none"> • Three concurrent sessions A,B,C in Large Auditorium, Small Auditorium and Atrium.
11:30am	<ul style="list-style-type: none"> • Three concurrent sessions D,E,F in Large Auditorium, Small Auditorium and Atrium.
12:30pm – 1:30pm	<ul style="list-style-type: none"> • Lunch provided at no cost to Volunteers in Exhibitor Lounge • Booth viewing in Gym.
1:30pm	<ul style="list-style-type: none"> • Three concurrent sessions G,H,I in Large Auditorium, Small

	Auditorium and Atrium .
2:30pm	<ul style="list-style-type: none"> • Wrap-up prizes in all rooms.

Planning Committee Members

- Alzheimer's Society of Alberta and NWT
- City of Edmonton, Age Friendly Edmonton
- Glenrose Rehabilitation Hospital
- Alberta Health Services
- Southside PCN, Age Friendly Edmonton
- Sage Seniors Association
- Multicultural Health Brokers Coop

Information Available Online:

- www.mysage.ca/events/health-and-wellness-forum
- www.edmonton.ca/agefriendly

For more information, please contact:

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