



A&O

Support Services for Older Adults

presents

Ageism or discrimination against individuals based on their age - is widespread and generally accepted. The stereotypical beliefs that give rise to ageism are deeply embedded in our society. Ongoing efforts to address sexism and racism have shown that it is possible to change social norms.

It is time to **STOP** defining people based solely on their age.

Say **NO** to Ageism **&** **YES** to Aging Well



AN AWARENESS EVENT

Thursday, March 14, 2019 5:00 p.m.

CANADIAN MUSEUM FOR HUMAN RIGHTS
85 Israel Asper Way, Winnipeg, MB R3C 0L5



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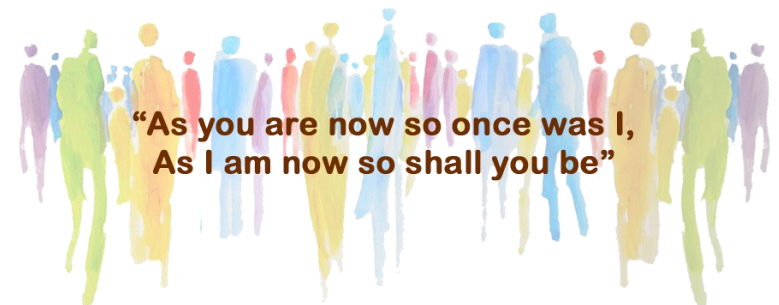
Support Services for Older Adults

200-280 Smith Street, Winnipeg, MB R3C 1K2

Phone: (204) 956-6440 Fax: (204) 946-5667

www.aosupportservices.ca

**Providing innovative programs and services
to older adults since 1957.**





Host **Nadia Kidwai**

Journalist and host of the Weekend Morning Show
CBC Radio One

PROGRAM

PROCESSION AND GREETINGS

The Honourable Janice C. Filmon, C.M., O.M.
Lieutenant Governor of Manitoba

GREETINGS

Amanda Macrae, CEO

A & O: Support Services for Older Adults

TED TALK

Ashton Applewhite

Let's End Ageism

PANEL PRESENTATIONS

Jeff Palamar

Ageism from a Legal Perspective

Dr. Phil St. John, MD MPH CCFP FRCPC

Older Adults and the Health Care System

Dr. Lori Koz, M.D.

*The 60 Second Mistake:
Sexual Activity & Older Adults*

Alexander Segall, Ph.D.

Overcoming Ageism

QUESTION AND ANSWER SESSION

CLOSING REMARKS

Amanda Macrae, CEO

A & O: Support Services for Older Adults

WINE AND CHEESE RECEPTION

KEYNOTE



TED Talk

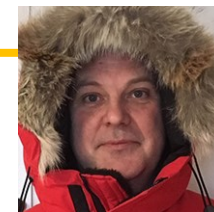
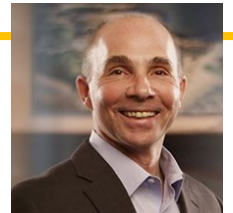
Ashton Applewhite Activist, Author

A leading voice in an emerging movement dedicated to dismantling ageism and making age a criterion for diversity.

PANEL

JEFF PALAMAR

A partner at Taylor McCaffrey LLP, Jeff has been listed in the peer selected "Best Lawyers in Canada" in his field. His practice includes labour relations, employment law, human rights and dispute resolution, and administrative law.



DR. PHIL ST. JOHN

A Professor at the Department of Internal Medicine at Max Rady College of Medicine and University of Manitoba, Dr. St. John is also a consulting geriatrician for the Winnipeg Regional Health Authority. He is an affiliate of the Centre on Aging at the University of Manitoba.

DR. LORI KOZ

Co-founder of both the Independent Healthcare Network and the Canadian Counselling and Resource Centre. Dr. Koz specializes in medical systems development, disability management and occupational health.



DR. ALEXANDER SEGALL

A Professor Emeritus, Senior Scholar in Health Sociology, and a Research Affiliate at the Centre on Aging at the University of Manitoba, Dr. Segall is the author of three books and numerous scientific publications in the field of health and aging.