

Third Age Learning Burlington Registration Form

I wish to enroll in
Third Age Learning, Burlington

Series 5: How Healthy Can We Be?

Series Registration Fee: \$40.00

A limited number of Parking Passes are available @ \$16.00 ea.

NB: You can also register on our Website:
www.3alb.org

Please complete one form per person

Name: _____

Address: _____

City: _____

Postal Code: _____

Telephone: _____

Email Address: _____

Registration with Parking Pass: \$56.00
Registration *without* Parking Pass: \$40.00

Registration fees are non-refundable

Make cheque payable to:
Third Age Learning, Burlington

Mail to:
PO Box 91551, 3023 New St.
Burlington, Ontario L7R 4L6
Please — No post-dated cheques

- Confirmation of registration will be issued when payment is processed.
- If the series is over-subscribed, any additional cheques will be returned.

Note: 3ALB respects the privacy of members' names and addresses.



How Healthy Can We Be?

Health! For you, your family, your community — nothing is more important.

- How much do we know about our Health Care System?
- What has already changed?
- What will soon change and how will it affect us?
- What role should we play to promote greater physical and mental health for all and a Health Care System that is financially sustainable?

Percentage of Ontario Budget devoted to Health Care in 2012/13:

38.3% (\$48.4 Billion)



Thursday Afternoons 1:30 — 3:30, January 23 — March 13, 2014

Burlington Art Centre, 1333 Lakeshore Rd., Burlington

January 23

Strengthening Canadian Medicare: How are we doing? What needs to change?

Dr. Brian Hutchinson, Professor Emeritus, Departments of Family Medicine and Clinical Epidemiology and Biostatistics, McMaster University

January 30

eHealth: Riding the Wave of Change to Better Healthcare

Mark Farrow, VP and CIO Informatics and Technologies Hamilton Health Sciences, eHealth Lead Burlington LHIN

February 6

The Future of Health Care in Ontario

Eric Vandewall, President and CEO, Joseph Brant Hospital

February 13

DementiAbility: The Montessori Way

Gail Elliot, Gerontologist & Dementia Specialist, DementiAbility Enterprises Inc

February 20

Keeping Healthy with the Years: Maintaining Physical and Mental Health

Dr. Chris Patterson, Chief of Geriatric Services, Hamilton Health Sciences and Professor, Division of Geriatric Medicine, McMaster University

February 27

A Beginners Guide to Killing Cancer Cells

Dr. Pat Gunning, Associate Professor Chemistry - Organic and Inorganic Synthesis, University of Toronto Mississauga

March 6

Everyone's DNA Tells a Story: Do You Want to Know Yours?

Carolyn Abraham, Medical Science Writer, Award-winning Author

March 13

Health, Illness and Income

Mark Chamberlain, President and Senior Partner, Trivaris Ltd.



For more information on individual presentation topics and the biographies of our speakers, visit our website: www.3alb.org

Did You Know:

- Third Age Learning stimulates cognitive function - *the* best strategy for healthy, happy aging
- Third Age Learning exposes members to new ideas, and new perspectives on old ideas.
- Third Age Learning attracts *really* good speakers—experts with fascinating things to say about their fields of expertise
- Third Age Learning encourages questions and discussion among members.
- Third Age Learning creates and maintains strong social networks.
- Third Age Learning provides opportunities for sharing interests and activities that guard against loneliness and isolation
- Third Age Learning creates an environment where the knowledge and experience of a lifetime can be put to good use, benefiting both participants and the community.

Third Age Learning, Burlington welcomes new volunteers!

We have a wide range of volunteer opportunities available.
For more information
Contact us at info@3alb.org

Learning is for Life!

3ALB is:

- **Inclusive** and welcoming to all seniors and retirees.
- **Affordable** - \$40 for 8, 2-hour presentations (lecture, break, Q&A session).
- **Stimulating** and enjoyable. We present outstanding speakers who are experts in their fields.
- **Member-driven** — Members are surveyed on a regular basis and consulted about topics for future series.
- **Easily accessible** by car or public transit.

3ALB is also:

- Incorporated as a non-profit organization
- Independent and autonomous
- 100% organized and run by volunteers who are seniors
- Closely modeled on Third Age Learning, Guelph and Third Age Learning Kitchener-Waterloo which have, for more than twenty years, consistently delivered sold-out lecture series to their communities
- Committed to forming mutually beneficial community partnerships

Third Age Learning, Burlington
PO Box 91551, Burlington ON L7R 4L6

www.3alb.org

905-639-2248

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BURLINGTON

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Third Age Learning, Burlington is a not-for-profit organization dedicated to providing series of stimulating, informative, and affordable lectures for the 55+ community

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January 23 — March 13, 2014

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