



Joan is always looking for ways to encourage others to stick with their goals and dreams.

Joan McCusker has won numerous awards as a member of the Sandra Schmirler Curling Team, Joan is a Curling Commentator for CBC Sports. She was an elementary school teacher until 1998 when she decided to focus her time and energy on being a mom, a high performance consultant and a motivational speaker. **Joan's presentations focus on the impact of a person's attitude on their lives, and how ordinary people can do extraordinary things.**

VENUE

Wesley United Church
3913 Hillside St,
Regina, SK



SELL THE ROCKING CHAIR!



BUY A SNOWBOARD

'Lifelong Vibrant Living'

March 24, 2015

**Keynote Speaker:
Joan McCusker**



conference presented by
Saskatchewan Seniors Mechanism
www.skseniorsmechanism.ca

SPEAKERS

JOAN McCUSKER

"believes it is ordinary people who do extraordinary things"

FRANK JOHN

'who is living a vibrant, active life will share his story'

INFORMATION

'on keeping our brains active and healthy as we age'



AGENDA

Purpose: To provide an opportunity for participants to explore the possibilities and potential for older adults to live vibrant and healthy lives.

- 10:00 Registration
- 10:15 Welcome
Share Purpose and Agenda
- 10:30 Speaker – Keep Your Brain Active
- 11:30 Age Friendly Communities
- 12:00 Lunch and Displays
- 1:00 Keynote Speaker – Joan McCusker
- 2:00 Break
- 2:30 Speaker – Frank John
'An Active Senior's Story'
- 3:30 Wrap up
Evaluations
Door Prizes
Thank-yous
- 4:00 End

REGISTRATION

Please complete this form and send it with your payment to:
Saskatchewan Seniors Mechanism
112-2001 Cornwall Street,
Regina, SK S4P 3X9 or pay by paypal at
www.skseniormechanism.ca

Name:

Address:

City:

Postal Code:

Phone:

Email:

Registration \$25.00

___ Cheque included

(Unfortunately the SSM cannot accept credit/debit cards. Please make your chq/money order payable to Saskatchewan Seniors Mechanism.)

Registration Deadline: March 20, 2015

Venue: Wesley United Church

3913 Hillside St., Regina