

Gertrude Cetinski Lectureship 2021

presents

# Enabling Ageing Well in Canada



## Dr. Samir K. Sinha

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Professor of Medicine, University of Toronto and John Hopkins University School of Medicine

### Learning goals:

- Understand what the **pandemic** has taught us about the state of **Long-Term Care** in Canada and what we need to do about it
- Appreciate how **Ageing Well** needs to begin with the development of Age-Friendly and Dementia Friendly Communities enabled by a National Seniors Strategy
- Advice on how individuals can enable their own **Healthy Ageing**

**Thursday September 23<sup>rd</sup>**

**7:00pm- 8:15pm**

**click [here](#) to register**

(this is a free online event)

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Community partners:

**HILLSVIEW**  
Active Living Centre  
Halton Hills • Georgetown

*Soci t  Alzheimer Society*  
HAMILTON AND HALTON  
HAMILTON ET HALTON

 **Halton**  
Age-Friendly  
Network