

Accessibility Advisory Committee
19th Annual Accessibility Forum
December 3, 2013

LETS TALK about.....

DRAFT PROGRAM

Time	Topic	Speaker
0800	Registration	
0800 – 1500	Exhibits	
0900 – 0915	Welcome and Opening Remarks	Chair ACCCAC Mayor?
0915 – 0945	General Session 1 Possible opportunity for Bell Canada to presents their “Bell Lets Talk” program.	Bell Canada?
0945 – 1015	General Session 2. Introduce the concept of the body, mind, spirit, and social connection, and how they combine to create the whole person. ???	Bilyk Sisters?
1015 – 1045	Nutrition Break & View Exhibits:	
1045 – 1130	Workshop A – The Spirit: (Possible Workshops) - ** Building a Strong Body, Mind & Soul - Meditation and Healing - Healthy Body = Healthy Mind	
1045 - 1130	Workshop B – The Physical: (Possible Workshops) - ** Ageing With a Disability - Yoga / Dancing - Healthy Eating	
11:30 - 1230	Lunch and Entertainment	
1230 - 1300	Keynote Speaker:	
1315 - 1400	Workshop C – The Social: Possible Workshops) - ** Building and Maintaining Relationships - Fostering Intimacy - Financial Independence - Employment	

1315 – 1400	Workshop D – Mental Health: (Possible Workshops) <ul style="list-style-type: none">- Signs of Depression- Disability and Stress- Stress Management- Why Me?	
1400 - 1430	Wrap Up: Open Mic	