

AGEISM IN HEALTH

Presented by: Waterloo Wellington
Older Adult Council (WWOAC)

**Thursday Oct. 9th
9:30 – 10:30 AM**

THIS WORKSHOP WILL ANSWER FUNDAMENTAL QUESTIONS ABOUT AGEISM'S IMPACT ON HEALTH AND WHAT CAN BE DONE TO ENHANCE HEALTH OUTCOMES BY COMBATTING AGEISM:

- What is ageism?
- How does it affect older adults' health?
- How does it show up in health care?
- What can we do to combat ageism and improve our health outcomes as we age?

Workshop includes research-based realities and tips alongside local, lived experiences.



**To register for Zoom link
click [HERE](#) or use QR code.**

Or contact carolyn.cormier@kitchener.ca

Presented in partnership with:

Waterloo Region Age-friendly Network

