Pre-registration is requested!
Although the event and lunch are provided free to you, we require that you register in advance. This helps with our planning.

Meal: it is requested that you pre-register in order for us to plan the meal.
We will serve assorted sandwiches and soup.

To register: 742-4512 ext. 0 / derrick.babin@von.ca / VON 55 Starrs Rd. Yarmouth, NS B5A 2T2
Yarmouth Seniors 50+ Expo

Exhibitors
Many representatives from local and provincial businesses, departments and organizations have confirmed they will attend this year’s expo.

It’s a great opportunity to learn more about social clubs, services and programs for seniors and their families.

We have specific times in our schedule that gives you the opportunity to visit with them.

Workshops
- **Protection from Scams:** Andrew Pace and Cst. Dana LeBlanc will give practical tips on how to be protected from current scams.
- **Dating over 50:** Doris Landry will present on some of the issues to consider when dating over the age of 50.
- **Caregiver Stress:** Jennifer Briand from Caregivers Nova Scotia will present on caregiver stress and the benefits of self care.
- **History of Recorded Music:** Loran Fevens will spin some records and share his knowledge on the history of music.
- **Home Safety:** Derwin Swinemar will present on fire and home safety.
- **Alzheimer Education:** Kirstie Creighton from the Alzheimer Society of Nova Scotia will present on the topic of Alzheimer’s Disease.
- **Alzheimer Education (EN FRANCAIS):** Bertha Brannen, former director of Nakile Home for Special Care will present in French on the topic of Alzheimer Disease.

Schedule
- **8:45-9:30** ~ Registration/Exhibit Tour
- **9:30-10:30** ~ Opening Ceremony/Keynote Speaker
- **10:30-11:00** ~ Break, Exhibit Tour
- **11:00-11:45** ~ Workshop
- **11:45-12:45** ~ Lunch/Exhibit Tour
- **12:45-1:30** ~ Workshop
- **1:45-2:30** ~ Workshop
- **2:30-3:00** ~ Door prizes/Closing

Keynote speaker

Lynette Amirault

Lynette is a dietician at the Yarmouth Hospital and has received great reviews from past participants of our Seniors 50+ Expo who have attended her workshops over the years. Lynette will offer an interactive keynote address on nutrition, cooking and staying healthy as we age.

Your guides
We will be pleased to provide you with guides throughout the day to help with direction and any questions you may have. Look for the special t-shirts.