



## Fall Conference

# AGING: INDIVIDUAL CHALLENGE OR FAMILY OPPORTUNITY?

### OCT 17TH SCHEDULE

- 8:00 am: Breakfast
- 8:55 am: Welcome
- 9:00 am: **Dr. Annalijn Conklin** – Cultivating Multiple Social Connections to Reduce Risk Factors of Heart Health
- 10:30 am: Break
- 10:45 am: **Amie Post, MA** – Aging as a Family Process: How does Bowen theory shed some light?
- 12:15 pm: Lunch
- 1:15 pm: **Douglas Hardie, RCC** – Aging Parents, Dementia and Family Functioning
- 2:00 pm: **Maybo Lui, RCC** – Navigating Caregiving in a Collectivist Culture: A Chinese Son's Story
- 2:45 pm: Break
- 3:00 pm: Panel Interview: Bowen Theory Thinking for the "Sandwich" Generation
- 4:00 pm: Closing Remarks

### OCT 18TH SCHEDULE

- 8:00 am: Breakfast
- 8:55 am: Welcome
- 9:00 am: **Dr. Theresa Pauly** – For Better or Worse: How Couples Influence Each Other's Health
- 10:30 am: Break
- 10:45 am: **Amie Post, MA** – Engaging Family Systems Thinking to Promote Resiliency in the Aging Process
- 12:15 pm: Lunch
- 1:15 pm: **Dixie Vandersluys, MA** – Death and Taxes: Keeping Relationships in Mind in Estate Planning
- 2:00 pm: Panel Interview: Bowen Theory and Meaningful Aging and Retirement
- 2:45 pm: Break
- 3:00 pm: Pop-Up Questions – Ask our panel questions on any aging topic!
- 3:45 pm: Closing Remarks

University Golf Club, 5185 University Blvd, Vancouver BC  
Register at [www.livingsystems.ca](http://www.livingsystems.ca)