

# healthy aging

**Ticket includes:**

speakers, buffet lunch, coffee/tea,  
snacks, prizes, gift bag,  
Exhibitor Fair

## 2024 HEALTH & WELLNESS FAIR

Friday, October 4, 2024 | 8:30am - 3:00pm

The Oasis, Elim Village Fleetwood | \$20

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- 8:30 a.m. Doors Open**  
Coffee/tea, muffins/scones, Exhibitor Fair, Spin & Win
- 9:30 a.m. Opening & Welcome**  
Jennifer Ladesma, *Director of Care*
- 9:45 a.m. Nurturing Your Brain Garden - part I**  
Terry Small, *The Brain Guy*
- 10:30 a.m. Stretch Break**
- 11:00 a.m. Ways to Keep Your Body Moving**  
Dr Robyn Land, ND
- 11:40 a.m. Healthy Aging – Nurturing the Garden Within**  
Marian Heemskerk, *Director of Community Life*
- 12:00 p.m. LUNCH BREAK**
- 1:00 p.m. Welcome back**  
Prizes!
- 1:15 p.m. Nurturing Your Brain Garden - part 2**  
Terry Small, *The Brain Guy*
- 1:45 p.m. Piano Performance**  
Judah Rodway
- 3:00 p.m. Event Ends**

NOTE: Schedule times are approximate and subject to change

ELIM  
Village

# healthy aging

NURTURING THE GARDEN WITHIN

ELIM  
*Village*



**DR. ROBYN LAND**  
*Naturopathic Doctor*

Dr. Land is a naturopathic doctor, a yoga instructor, and the founder and co-owner of Local Health Integrative Clinic. Her goal is to support each person on their journey to a place where they are happy, healthy, and able to do the things they are passionate about. Dr. Land believes the foundation of healthcare should be education and empowerment through collaboration and openness.



**TERRY SMALL**  
*The Brain Guy*

Known as 'The Brain Guy', Terry Small, is a master teacher and Canada's leading learning skills specialist. He has presented on the brain for over 33 years to organizations around the world. Terry believes, "Anyone can learn how to learn easier, better, faster, and that learning to learn is the most important skill a person can acquire."



**MARIAN HEEMSKERK,**  
*Director of Community Life,  
Elim Village*

For more than four decades, Marian has been a pillar of the nursing profession. As a director in an older adult community, she is a beacon of leadership and innovation. Marian's wealth of expertise and compassionate approach to care shapes the future of aging individuals. Her role is a testament to her commitment to making a difference in the lives of others.

**Piano Concert by:**  
**JUDAH RODWAY**