



# Active Aging for Optimal Health

## *Presentation Topics*

Active Aging in Manitoba provides peer-led presentations to older adult groups on a variety of active aging for optimal health topics. This is a great way to engage older adults, as each presentation provides practical and evidence-informed tips on healthy active aging in plain language along with an opportunity to ask questions. Each session including Q&A is approximately one hour and can be easily coordinated into regular programming schedules.

### **Ten Habits for a Healthy Lifestyle**

An informative presentation to encourage older adults on ways to keep healthy, strong and flexible. The presentation covers the four determinants that play key roles in healthy aging: healthy eating, falls prevention, physical activity and smoking cessation.

### **Active Living**

An interactive presentation to engage older adults in a discussion about the health benefits of active living. Active Aging in Manitoba speakers are older adults who themselves have embraced an active living lifestyle. The topics include:

- Why active living is so important
- Assessment of the participant's current lifestyle
- Motivational tips and how to make a commitment to be more active.

### **Staying on Your Feet – Falls Prevention**

The goal of this presentation is to reduce the risk of falls among older Manitobans. Group discussion will help participants to understand some of their risks of falling at home and in the community. They will receive information to help them determine their risk of falling and take action to lower their risk of falling. Each participant will take home their own personal safety plan for falls prevention.

### **Healthy Mouth: Key to a Healthy Body**

Active Aging in Manitoba in collaboration with the Manitoba Dental Hygienists Association (MDHA) has developed a 1-hour presentation/discussion on the importance of maintaining a healthy mouth for healthy aging. This presentation will inform you about:

- The mouth-body-health connection & why oral health is important
- Warning signs & how to maintain a healthy mouth
- Challenges in maintaining oral health & ways to overcome those challenges
- How to talk to your dental care team

### **Healthy Habits for a Healthy Brain**

Active Aging in Manitoba in collaboration with the Alzheimer Society of Manitoba has developed a 1-hour presentation on healthy habits that can contribute to a healthy brain and a positive outlook. This topic will look at mental well-being, a state in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community.

For more information, or to book a presentation please contact Jim Evanchuk by phone: **204-632-3947** or toll free: **1-866-202-6663**, email: [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or visit our website: [www.activeagingmb.ca](http://www.activeagingmb.ca)