



City of Peterborough

Media Release

FOR IMMEDIATE RELEASE

May 27, 2011
Peterborough, ON --

The City of Peterborough will host the 2011 Seniors Summit in recognition of Seniors Month on Thursday, June 2nd from 9:00a.m. to 3:00p.m. at Westdale United Church, 1509 Sherbrooke Street.

This year's theme, "***Aging Well in Peterborough***" will focus on the physical, mental and social aspects of wellbeing for our aging population. Participants will have an opportunity to learn from local experts about topics of critical importance to health and longevity in a fun, interactive atmosphere.

Keynote speaker Dr. Elaine Dembe is one of Canada's outstanding authorities on longevity, stress management and motivation. Elaine's presentations are humorous, engaging, and loaded with inspiration to help you live a longer, happier and healthier life. Author of two best-selling books, "Passionate Longevity: The 10 Secrets to Growing Younger, and "Use the Good Dishes: Finding Joy in Everyday Life", Elaine has also been featured in Zoomer magazine and the National Post.

The 2011 Seniors Summit is open to all City and County seniors aged 55+. The registration cost of \$5 per person includes morning refreshments, lunch, and the chance to participate in a number of wellness workshops including Taoist Tai Chi, Pole Walking, Chronic Disease Self-Management and Nutrition.

Pre-registration for the Summit is required as space is limited. Contact the City of Peterborough Recreation Division by phone at 705-742-7777 ext 1873 or register in person at the Recreation Division, City Hall, 500 George Street North, Peterborough. To register online visit www.recreationpeterborough.ca

This information is also available on the City of Peterborough website at www.peterborough.ca.

- 30-

For further information please contact:
Sonya Hardman,
Community Social Plan Coordinator/Seniors Portfolio
City of Peterborough
Tel: 705-748-8830 x3834
Email: shardman@peterborough.ca