



Education Day & AGM 2020

Exercise and Ageing

May 2, 2020 – University of Saskatchewan Physical Activity Complex (room 246)

- 9:00am **Registration (outside PAC 246)**
- 9:25am **Opening Remarks**
- 9:30am **Trevor Donald ~ Osteoarthritis and the GLA:D program**
- 10:15am **Break**
- 10:30am **AGM**
- 12:00pm **Lunch** - provided with registration
- 1:00pm **Dr. Saija Kontulainen ~ Bone strength across the lifespan with a focus on individuals at risk of fracture. A look at her current research project with Nordic Walking.**
- 1:45pm **Dr. Phil Chilibeck ~ Exercise is known to have a positive effect on bone mineral density; however, the optimal exercise prescription for people at increased risk of osteoporosis is unknown. The presentation will outline the potential benefits and risks of high-intensity resistance training for people at increased risk of osteoporosis.**
- 2:30pm **Break**
- 2:45pm **Dr. Joel Lanovaz ~ Ageing, balance control and fall prevention**
- 4:00pm **Closing Remarks**

A confirmation receipt of 12.5 PDC's will be emailed to everyone in attendance the week following the SKESA Education Day & AGM