



OTTAWA CHAPTER # 26

Fall Event

Health & Travel

November 14, 2018

Place: Nepean Sportsplex – Hall A/B

Time: 8:00am - 1:00pm

COMPLIMENTARY Continental Breakfast at 08h30 - Come Early and Visit the Booths!

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| 09h00-09h05 | Welcome | Rick Baker, President, CARP Ottawa |
| 09h05-09h10 | Welcome | Jeremy Roberts, MPP |
| 09h10-09h15 | Welcome | Councillor Diane Deans |
| 09h15-09h35 | AGM | Rick Baker, CARP Ottawa |
| 9h35 – 9h40 | Renos 4 Seniors | Peter Hache Sponsor |
| 09h40-10h10 | Deprescribing: A Conversation between You & Your Healthcare Provider(s) | Pam Powell, Bruyère Research |
| 10h10 –10h40 | Cannabis: Pain and Sleep | Dr. Marc Engfield Sponsored by CanniMed |
| 10h40 –10h45 | Tea and Toast | Amy McConnell: Sponsor |
| 10h45 –11h15 | Break – Refreshments and Booth Visit | |
| 11h15-11h20 | Wellings | Christine Forget : Sponsor |
| 11h20 – 12h10 | Travel to Ireland, Costa Rica, Portugal & Insurance | Meaghan McMahon Collette Travel |
| 12h10-12h25 | Travel Insurance | Tona Cantu, Insurance ToGo |
| 12h25 – 12h40 | Prize Draws & Closing Remarks | |
| 12h40 to 13h00 | Visit Booths & Exhibitors | |

Join CARP Ottawa on **Wednesday, November 14, 2018** for **Health and Travel**. Exhibitors will be available until 1pm. **Space is limited – CARP Members are Free and ‘Soon to Be’ CARP Members are \$10.00.**

To Register Visit [Eventbrite](#). Ottawa@carp.ca Ph: 613-755-0055