

# FOR THE LOVE of LEARNING

... for men and women of all ages

---

Acquire new knowledge. Be inspired. Get engaged.

**Friday June 15, 2018**  
**Gravenhurst Opera House**



**Dr. Jane Gair, Ph.D.**

***Personalized Medicine, Epigenetics & Health***

Make sense of our genetics and how to influence it; the human genome and what the future holds for ageing .

09:30 – 12:00



**Dr. Paul Mohapel, Ph.D.**

***Digital Distractions: A Mindful Approach***

Learn: startling research about negative impacts of digital distractions; the myth of multitasking & its impact on performance; strategies to counter these with a mindful approach, including mindfulness meditation.

1:30 - 4:00

Complete session descriptions and qualifications are available at: [www.stillsexyafter60.com](http://www.stillsexyafter60.com)



# FOR THE LOVE of LEARNING

... for men and women of all ages

**Ticket price: \$40.00 (incl HST + fees) each session.** Light refreshments will be served at both intermissions.

**The first 70 tickets will be available to purchase at ScotiaBank in Gravenhurst starting April 16, 2018 and includes entry into a draw on June 15th. The remainder will be sold through the Opera House in person or online.**

**For more information contact Sue Kelly 705-687-5605 or [suekelly121@gmail.com](mailto:suekelly121@gmail.com)**

## **DR. JANE GAIR, Ph.D. PERSONALIZED MEDICINE, EPIGENETICS AND HEALTH**

### **Session Description:**

With all of the recent talk of “personalized medicine” and “epigenetics” in the news, it’s difficult to make sense of it all. Genetics, the human genome project, medicine, and what the future holds for ageing, and medical treatments – I will simplify and explain what this all means for you.

I will touch on the following topics and questions during my session:

- An introduction to basic genetics concepts
- What is epigenetics?
- How can exercise, what we eat, and meditation affect our genes?
- Can we reverse the ageing process?
- What can I do to improve my health?

### **What I bring as a speaker:**

- My passion is teaching and bringing knowledge and science to others!
- I love talking about science, genetics, medicine, and education and I bring that passion and enthusiasm to my sessions
- I like to interact with the groups that I work with, I want to provide real-world examples and applications for what I am teaching, and I strive to make my sessions fun and engaging
- My hope is for you to understand genetics medicine and health a little better

### **Qualifications:**

- I have a PhD in Medical Genetics and have been using my expertise in this area to teach all levels of medical students



# FOR THE LOVE of LEARNING

## ... for men and women of all ages

- I have been a full-time Teaching Professor in the Division of Medical Sciences at the University of Victoria and the Island Medical Program at the University of British Columbia for the last 13 years
- I have also taught extensively at Camosun College in Victoria BC in the university transfer program, the Nursing Program, and the Dental Hygiene Program
- I deliver talks on topics related to medicine and genetics to the public on a regular basis and think that community outreach is important
- I have training in mindfulness and meditation through BCALM (BC Art of Living Mindfully) Program and the Mindfulness Based Stress Reduction (MBSR) Program at Royal Roads University. I am also nearing completion of the Integrated Mindfulness Certificate Program at Royal Roads University

## DR. PAUL MOHAPEL, Ph.D. DIGITAL DISTRACTIONS: A MINDFUL APPROACH

### Description

Are you overwhelmed with the volume of daily emails you receive? Do you find yourself trying to do ten things at once? Do you have trouble concentrating for sustained periods of time because so many things are vying for your attention? Have you ever pondering how spending many hours in front of a screen may impact your brain? This session will report on recent startling neuroscience research about the negative impact digital distractions are having on us. Strategies to counter some of the negative impacts of these distractions will be explored, including mindfulness meditation. The session is intended to provoke thoughtful dialogue and more mindful approaches to limiting digital distractions in the workplace and at home. Topics covered include:

- The psychological and biological impact of digital distractions.
- The myth of multitasking and its impact on performance.
- Promoting a more mindful approach to limiting distractions.
- Practice Mindfulness techniques.

### What I bring as a speaker:

- Years of cutting edge theoretical knowledge and expertise in the topics of leadership, the brain, organizational functioning, emotional intelligence, communication skills, conflict management, and coaching.
- I bring a dynamic approach to my speaking style, incorporating humour, real life-examples, engaging exercises, and hands-on applications. My facilitation style is very interactive, with a variety of activities and opportunities to apply the content.

### My list of qualifications:



# FOR THE LOVE of LEARNING

## ... for men and women of all ages

- I am educator, teaching in the leadership and continuing studies programs at Royal Roads University (2015 Kelly Outstanding Facilitator award), as well as a faculty member for the Canadian Medical Association's (CMA) management training program.
- I have a doctorate in psychology/neuroscience and a Master's degree in leadership and training.
- I have consulted and facilitated leadership events for a large array of clients and organizations; including, Alberta Health Services, British Columbia Utilities Commission, and the Government of the Northwest Territories.
- I am an active leadership researcher and have published over 30 academic articles in neuroscience and leadership.

