

Peer Education At Renison (PEAR)

No educational requirements, no homework, no grades!

Your Passions.

Your Knowledge.

Your Experiences.

Shared with your peers, led by
your peers.

Healthy Aging

Healthy Body = Healthy Brain

Friday, April 4, 2014

Learn how a combination of technology and low-impact Chinese exercises (called Qi Gong) can help keep your brain healthy. Get moving with Dr. Colleen McMillan, Assistant Professor, School of Social Work, and Mr. Tony Tin, Director, Library and Information Services, in this hands-on seminar.

Green and Full of Sap: Spirituality in Late-life

Friday, April 25, 2014

Psalm 92 says "...in old age they still produce fruit. They are always green and full of sap." Spirituality in the broadest sense can be understood as 'breath'—the foundation of all life. Explore the spiritual dimensions of aging and how spirituality can contribute to meaning and well-being in late life with Marianne Mellinger, D.Min. Spirituality and Aging Coordinator at the Schlegel-UWaterloo Research Institute for Aging.

Moving for the Health of it!

Friday, April 11, 2014

The Sheridan Centre for Elder Research at Sheridan College in Oakville has been conducting applied research that enhances the quality of life for older adults for over 10 years. Find out what they've learned, including investigating dance as an innovative health promotion strategy and tips for healthy aging.

Social Engagement - It is all About Connections

Friday, May 2, 2014

Why is social engagement important for older adults in today's 'connected' world? Let's discover together how we can build our engagement. Sandra Loucks Campbell has provided training, research, and services for elders, their families, and their organizations for more than 20 years.

www.renison.uwaterloo.ca/pear

All PEAR sessions take place at:

Renison University College
240 Westmount Road North, Waterloo
Parking is free.
Registration is required.
Cost is \$10 per session or 4 sessions for \$30.

Join us for lunch and more discussion afterwards in the Great Hall Cafeteria!

For more information and to register, please contact pear@uwaterloo.ca or call (519) 884.4404 ext. 28649



“PEAR is a great way to socialize and meet people with similar interests. It keeps life interesting!”

Anne, PEAR Participant

**Engaging minds.
Piquing curiosity.
Sharing wisdom.**



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PEAR

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Want to be a part of PEAR?

New participants and presenters are always welcome!

To be placed on our mailing list for upcoming program information, please send us the following information:

Name:

Mailing Address:

Telephone:

Email:

Are you interested in sharing your passion with PEAR?

Yes

No

If yes, please list some topics you would be interested in sharing!
