



UGRA
Fall Forum – Aging Well
November 14, 2024
2:00 - 4:00 PM
University of Guelph Arboretum Centre
also live via ZOOM

- 2:00 PM Welcome and Opening Remarks
Clarence Swanton, UGRA President
- 2:05 PM Greetings from the University
Jana Miller, Associate Director Annual Giving Alumni Affairs & Development
- 2:10 PM United Way Campaign 2024
Glenna Banda, Executive Director United Way, Guelph, Wellington Dufferin
- 2:20 PM **Dr. Tuuli M. Kukkonen**, PhD, CPsych
Licensed Clinical Psychologist, Associate Professor, Associate Chair,
Director of the Psychophysiology of Sexual Health (POSH) lab,
Department of Family Relations and Applied Nutrition, University of Guelph.
*Sexual Healing- It's Good for Us! Examining the Importance of Sexual
Wellness in Older Adulthood*
- 2: 50 PM BREAK
- 3:00 PM **Safura Syed**
Department of Kinesiology and Health Sciences, University of Waterloo
Aging Well with Diet and Nutrition
- 3:30 PM Closing remarks
Clarence Swanton

Become a Contributing member

All retirees are automatically members of the University of Guelph Retirees Association, but our capacity to operate effectively on behalf of retirees depends on members voluntarily becoming Contributing Members

For more information visit < <https://ugra.ca/join-us> >