

# **AGNA EDUCATION DAY**

## **LOOKING BACK, LOOKING FORWARD: POWERED BY SELF-CARE**

### **EVENTS**



#### **Looking Back**

**PANEL  
DISCUSSION WITH  
LONGSTANDING  
AGNA MEMBERS**



#### **Looking Forward**

**PRESENTATIONS:  
DEMENTIA &  
LONELINESS, AND  
TRANSITIONS OF  
CARE**



#### **Self-care**

**EXPLORE  
JOURNALING, GET  
A MASSAGE, EAT  
CAKE, CONNECT  
WITH OTHERS**

**September 23, 2023**

**7:30 AM- 4:00PM**

**Holiday Inn & Suites,  
33 Petrolia Dr., Red Deer**

**EXTENDED! REGISTER BY SEPT 11 @**

**WWW.AGNA.CA**

**IF ANY QUESTIONS EMAIL REGISTRAR@AGNA.CA**