

**ICAA Virtual Conference,
Leadership Summit and Expo 2021**

November 9, 10, 16 & 17

wellness:
THE GREAT RESET

**REGISTER
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**INTERNATIONAL COUNCIL ON
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WELCOME!

"The switch to the virtual platform allowed us to send 20+ participants [to the ICAA Conference 2020]. We were able to maximize our access to the education/content without the added travel expenses. Access to a conference of this level for our community program leaders was a wonderful opportunity for them to learn, connect and be inspired by industry leaders and innovators."

Jessica Daily

National Director of Resident Programs, Senior Lifestyle Corporation

"Wellness: The great reset" reflects the times. The pandemic has changed our world, and with that, the landscape for active aging.

Today, people of all ages are realizing the vital importance of aging well. Among the millions of age 50+ adults, many seek to reclaim their health and well-being. This seismic trend challenges us to meet this moment—and expectations—with multifaceted solutions that best support their goals.

Recognizing the disrupting impact of COVID-19, the ICAA Virtual Conference, Leadership Summit and Expo 2021 tackles where we go from here. Uniquely focused on older-adult wellness, this event invites you to explore "the great reset" with industry thought-leaders and visionaries.

Examine how this moment—its opportunities and challenges—will prompt our industry to:

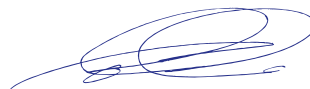
- reinvent, implement and promote a new hybrid wellness model
- reimagine our environments to support wellness
- recreate person-centered wellness approaches

- revitalize and implement "wellness in all policies" and "wellness for all" approaches
- rebuild and reeducate our wellness workforce across all departments
- reevaluate the wellness return-on-investment
- revise product purchases to better support a multidimensional, person-centered wellness approach

Delve into new and established approaches that will help you reset your wellness efforts and better meet the needs and expectations of your residents/members. *Stimulate* your thinking with innovative ideas and insights from trailblazing keynote speakers.

We invite you to join with the community that supports and inspires you at this year's ICAA Virtual Conference, Leadership Summit and Expo. Share in an experience that will help you *uplift the lives* of your residents/members today plus *radiate benefits* throughout your organization for the future.

Yours in health,



Colin Milner, CEO/Founder
International Council on Active Aging®



Why attend this virtual event?

- **Eliminate** the health and safety risks that COVID-19 present to you and your team at a large in-person gathering, and to your clients, families, colleagues and communities upon your return.
- **Hear** from pivotal thought-leaders and visionaries who will explore the ever-changing expectations and ways to reset your wellness efforts.
- **Discover** how the aging well trend, our new normal, will cause you to reinvent models; reimagine environments, programs and services; and reevaluate staff knowledge and skills.
- **Examine** new approaches to marketing and products needed to thrive and navigate “the great reset.”
- **Expect** inspirational keynotes, collaboration sessions, educational seminars, speaker chats, activities workshops, virtual networking and *live* virtual exhibits. Connect, too, with industry partners through the Expo
- **Choose** how you participate with your four day all-access pass: Attend live sessions or access content on-demand for 60 days post-event.
- **Shape** your schedule to fit with work or personal commitments. The event takes place on four shorter days over two weeks to help you:
 - protect your eye health and manage your energy
 - absorb information better and apply what you learn sooner
 - connect with conference partners and colleagues
- **Build** your wellness culture and your team. Engage *more staff* across your organization for less than in-person attendance. (Benefit from no travel, hotel or food expenses; and easy access from home/work spaces.)
- **Rejuvenate** and reward your staff with an inspiring, supportive learning experience.
- **Explore** a *live* online expo with a difference. Check out products and services to support older-adult wellness. View virtual demonstrations. Ask exhibitors questions. Make purchasing decisions from the comfort and safety of your home/office.
- **Earn continuing education units** (CEUs/CECs). A \$45 enrollment fee covers costs charged by certifying agencies (see the ICAA website for agency list).

To find out more about the ICAA Virtual Conference, Leadership Summit and Expo 2021, and to register, visit <https://icaaconference.icaa.cc>.

AGENDA AT A GLANCE

Specializing in older-adult wellness: ICAA's Virtual Expo

Check out products and services to fit your goals, needs and customers.

View live virtual sessions and demonstrations.

Question exhibitors.

Discover technologies, equipment and services across wellness dimensions.

Research trends.

Review what's new.

Decide which products to recommend or buy.

All from the comfort and safety of your office or home with the ICAA Virtual Expo 2021. *Live online in Pacific Time.*

Scheduled times are provided in Pacific Time.

Tuesday, November 9

7:00 a.m.–7:30 a.m.	Wake Up with Wellness
7:35 a.m.–7:40 a.m.	Welcome
7:45 a.m.–8:45 a.m.	Education session
9:00 a.m.–10:00 a.m.	General Session
10:15 a.m.–11:00 a.m.	7-Minute Solutions
11:00 a.m.–12:00 p.m.	Virtual Expo
12:00 p.m.–1:00 p.m.	Education session
1:15 p.m.–2:00 p.m.	Idea exchange and wrap-up

Wednesday, November 10

7:00 a.m.–7:30 a.m.	Wake Up with Wellness
7:35 a.m.–7:40 a.m.	Welcome
7:45 a.m.–8:45 a.m.	Education session
9:00 a.m.–10:00 a.m.	General Session
10:15 a.m.–11:00 a.m.	7-Minute Solutions
11:00 a.m.–12:00 p.m.	Virtual Expo
12:00 p.m.–1:00 p.m.	Education session
1:15 p.m.–2:00 p.m.	Idea exchange and wrap-up

Tuesday, November 16

7:00 a.m.–7:30 a.m.	Wake Up with Wellness
7:35 a.m.–7:40 a.m.	Welcome
7:45 a.m.–8:45 a.m.	Education session
9:00 a.m.–10:00 a.m.	General Session
10:15 a.m.–11:00 a.m.	7-Minute Solutions
11:00 a.m.–12:00 p.m.	Virtual Expo
12:00 p.m.–1:00 p.m.	Education session
1:15 p.m.–2:00 p.m.	Idea exchange and wrap-up

Wednesday, November 17

7:00 a.m.–7:30 a.m.	Wake Up with Wellness
7:35 a.m.–7:40 a.m.	Welcome
7:45 a.m.–8:45 a.m.	Education session
9:00 a.m.–10:00 a.m.	Education session
10:15 a.m.–11:00 a.m.	7-Minute Solutions
11:00 a.m.–12:00 p.m.	Virtual Expo
12:00 p.m.–1:00 p.m.	Education session
1:15 p.m.–2:00 p.m.	Idea exchange and wrap-up

DEMENTIA CARE TRAINING AND CERTIFICATION FROM THE EXPERTS

Prepare your staff to provide quality care with the Alzheimer's Association® Person-Centered Dementia Care Training Program and essentiALZ® Exam



The Person-Centered Dementia Care Training Program offers professional care workers:

- Convenient learning through a self-paced online curriculum.
- Practical and comprehensive training based on the nationally recognized, evidence-based Alzheimer's Association Dementia Care Practice Recommendations — the benchmark for quality person-centered care across the disease spectrum.
- Recognition for knowledge of quality care practices through essentiALZ certification.

essentiALZ Exam

With the purchase of the Person-Centered Dementia Care Training Program, you will also receive access to essentiALZ, a certification exam that demonstrates knowledge of quality care dementia practices. Professional care workers who successfully complete the training are eligible to take the essentiALZ exam and earn a two-year certification.

Add users to save with bulk pricing.

Purchase today at alz.org/dementiacaretraining.

The Person-Centered Dementia Care Training Program is for individual professional care workers in long-term and community-based care settings and is not intended for group learning.

alzheimer's  association®

GENERAL SESSIONS

People first! In 2021, the ICAA General Session features global innovators in the person-centered wellness model that is redefining our new normal. Learn how these active-aging visionaries are rejuvenating the spaces where we live and work, regenerating communities by engaging older adult voices, and transforming technologies to optimize human performance and quality of life. Building relationships is the key to healthier, happier and more productive organizations in our post-pandemic industry. These accomplished and influential thought leaders will inspire your passion, purpose, partnerships and possibilities.



Dr. Richard Carmona



Paul Scialla



Colin Milner



Dr. Vonda Wright



Gloria A. Caulfield



Chip Conley

COVID-19: The great divider, uniter and accelerator

Dr. Richard Carmona, Colin Milner, Gloria A. Caulfield & Paul Scialla

*Tuesday, November 9
9:00 a.m. – 10:00 a.m.*

As COVID-19 surged across North America, politicians, media, organizations and individuals were divided in their understanding of the pandemic. Yet this adversity—locking down economies, social distancing, mask wearing, and who should get access to PPE first—united many to form new partnerships that accelerated the role of technology, hybrid models, wellness and the well-built environment. There was also recognition that the industry needed new models to future-proof itself against disasters and harmful trends. In this session you will gain insights into the lessons learned from COVID-19. You will also explore new pandemic-driven trends, innovations and new models that have the potential to guide the future of the active-aging industry.

Richard Carmona (moderator), MD, MPH, FACS, had a distinguished career in public health, serving as 17th Surgeon General of the United States. His interest in public health stemmed from the realization that most of his patients' illnesses and injuries were preventable. Today, Dr. Carmona serves as chief of health innovations for Canyon Ranch, a global leader in the wellness movement. He is a distinguished professor, Zuckerman College of Public Health, University of Arizona.

Colin Milner, CEO of the International Council on Active Aging, is founder of the active-aging industry in North America and a leading authority on the health and well-being of the older adult. The World Economic Forum (WEF) has recognized Milner as one of the world's "most innovative and influential minds" on

aging-related topics. An award-winning writer, Milner has authored more than 300 articles. He has been published in such journals as *Global Policy*, and the *Annual Review of Gerontology and Geriatrics*. He also contributed a chapter to the WEF book *Global Population Ageing: Peril or Promise?* Milner's efforts have inspired a broad spectrum of groups to seek his counsel, including the World Health Organization, WEF's Global Agenda Council on Aging, US Department of Health and Human Services, and Canadian Special Senate Committee on Aging.

Gloria A. Caulfield, BBA, is executive director for health and wellness strategy and planning, Lake Nona Institute, and vice president of strategic alliances for Tavistock Development Company. Caulfield is responsible for managing corporate partnerships and identifying intersections with stakeholders in the Lake Nona community that advance research, technology and new solutions for healthy lifestyles and quality of life. She is the chief architect for the Lake Nona Impact Forum, a health and wellness thought-leadership gathering and signature event for the Tavistock Group.

Paul Scialla, BS (Finance), is CEO of Delos. Scialla spent 18 years on Wall Street, including 10 as a partner at Goldman Sachs, after which his interest in sustainability and altruistic capitalism led him to create Delos, which is merging the world's largest asset class—real estate—with the world's fastest-growing industry—wellness. Scialla, who has become a leading voice in the healthy buildings movement, is also the founder of the International WELL Building Institute. IWBI administers the WELL Building Standard globally to improve human health and well-being through the built environment.

Precision longevity: Rethinking what it means to live long and prosper

Dr. Vonda Wright

**Wednesday, November 10
9:00 a.m. – 10:00 a.m.**

Active-aging authority Dr. Vonda Wright will detail the new science and technologies enabling professionals to design and implement “precision longevity plans” for individuals. The goal of such plans, she notes, is not only to optimize longevity, but also to extend “health span” to equal “life span.” In her practice, Dr. Wright cares for athletes and active people of all ages and skill levels. Her pioneering research in mobility and musculoskeletal aging continues to influence how people view and treat the aging process.

Vonda Wright, MD, MS, is a board-certified orthopedic surgeon, sports medicine specialist, biotech consultant, health innovator, and internationally recognized authority on active aging and mobility. Currently, Dr. Wright serves as inaugural chief of sports medicine and orthopedics for Northside Health System in Atlanta, Georgia, where she cares for athletes and active people of all ages and skill levels. She is the founding director of the Performance and Research Initiative for Masters Athletes (PRIMA), and was inaugural medical director of the UPMC Lemieux Sports Complex. Wright inspires audiences worldwide with keynote presentations that draw on her clinical and research experience. She believes that with mobility, smart nutrition and relationship-building, people can harness their power to control 70% of their health and aging. Wright has authored five books, including *Fitness After 40: How to Stay Strong at 40, 50, 60 and Beyond* and *Masterful Care of the Aging Athlete*. She appears regularly in the media and on television shows. Wright also serves on medical boards for the Arthritis Foundation, Lake Nona and others.

From retirement to regeneration

Chip Conley









**Tuesday, November 16
9:00 a.m. – 10:00 a.m.**

Entrepreneur Chip Conley has disrupted the hospitality industry twice. Now, he is on the verge of disrupting both the higher education and senior living industries. In early 2018, Conley launched the Modern Elder Academy (MEA), which is in the process of creating four Regenerative Communities in the Santa Fe, New Mexico, and Baja California regions. Hear him talk about the evolution of Del Webb's Sun City concept more than six decades ago and why regeneration, not retirement, is what adults 55+ and older are looking for today—and what it means for universities and senior living communities.

Chip Conley, BA, MBA, is founder of the Modern Elder Academy. He also serves as Airbnb's strategic advisor for hospitality and leadership. At age 26, Conley converted an inner-city motel into the second-largest boutique hotel brand in the United States: Joie de Vivre Hospitality. After leading the company for 24 years, he joined the young founders of Airbnb to help transform their start-up into the worldwide phenomenon it is today. The *New York Times* best-selling author found inspiration in that experience for his most recent book, *Wisdom@Work: The Making of a Modern Elder*. Conley holds a master's degree in business administration from Stanford University and received an honorary doctorate in psychology from Saybrook University. He serves on the board of Encore.org and the advisory board for the Stanford Center for Longevity.

ICAA Conference/Leadership Summit 2021 seminars

Tuesday, November 9

7:00 a.m.–7:30 a.m.	WAKE UP WITH WELLNESS: Session 1: Lawrence Biscontini, Session 2: David Dworkin			
7:35 a.m.–7:40 a.m.	WELCOME			
7:45 a.m.–8:45 a.m.	LEADERSHIP SUMMIT Rephrasing language to improve relationship centered interactions <i>Catherine Braxton</i> 	WellTech: Resetting wellness and lifestyles <i>Ginna Baik, Jessica Longly & Chris Brickley</i> 	The social brain and singing: Connecting better during COVID-19 <i>Angie Frantz & Marisa Payne</i> 	Wellness solutions: Effective programs for any environment <i>Sarah Robertson, Bailey Turpin & Stephen Brown</i> 
9:00 a.m.–10:00 a.m.	GENERAL SESSION COVID-19: The great divider, uniter and accelerator <i>Dr. Richard Carmona, Colin Milner, Gloria A. Caulfield & Paul Scialla</i>			
10:15 a.m.–11:00 a.m.	7- Minute Solutions	7- Minute Solutions	7- Minute Solutions	
11:00 a.m.–12:00 p.m.	VIRTUAL EXPO			
12:00 p.m.–1:00 p.m.	LEADERSHIP SUMMIT Developing resilient leaders—and loved ones <i>Karen Woodard</i> 	LEADERSHIP SUMMIT Positive lifestyle resets catalyzed by COVID-19 <i>Stephanie Ludwig</i> 	Reviving the joy of reading <i>Susan Ostrowski</i> 	Increasing engagement through personalized wellness programs <i>Elizabeth Audette-Bourdeau & Ashley Vandoorn</i> 
1:15 p.m.–2:00 p.m.	Idea exchange & wrap-up	Idea exchange & wrap-up	Idea exchange & wrap-up	

This schedule is subject to change. The above times are stated in Pacific Time.

Tracks



Cognitive & emotional health: programs, activities, methods to support these dimensions



Leadership & management: partnerships, management, leadership of staff/wellness culture



Programming: multidimensional calendars, single programs, development, content



Employee wellness: integrating employees, launching initiatives, motivation and tracking results



Physical activity: exercise, recreational activity, balance, how to plan and deliver activities










Research: findings with practical application for wellness dimensions or business process



Technology: hardware and software, social media, multimedia, current technology trends

at a glance

Dementia Citizenship as a pathway to wellness <i>Heather Macchietto</i> 	Protecting the aging shoulder for mobility, stability & function <i>Aaron Aslakson</i> 	Fall risk interventions: Trip, stumble and stay up <i>Patricia VanGalen</i> 	
Dementia: Pursuit of potential through intentional engagement <i>Jill Ricker, Megan Bradford & Ben Leavall</i> 	Zoom games to build movement skills and community <i>Lawrence Biscontini, Bernadette O'Brien, Eileen Byrnes, Heather Harris, Wendy McCormick & Claire Powell</i> 	Tweakology 101: Innovative ideas for favorite exercises—Part 1 <i>Sue Grant</i> 	Embodied strength, balance and fall prevention for active aging <i>Margot McKinnon</i> 



Trends & innovations: innovations in the field, technologies, “big picture” topics



Wellness for health: therapists/wellness staff coordination, program benefits









“My team and I found the ICAA Conference exhilarating and refreshing. Ideas exchanged were fresh and not part of our norm, helping to open our eyes to what we could do better in the long run. Thank you!”

Suzanne Stevens

Fitness Manager, Kendal Crosslands Communities

ICAA Conference/Leadership Summit 2021 seminars

Wednesday, November 10

7:00 a.m.–7:30 a.m.	WAKE UP WITH WELLNESS: Lawrence Biscontini			
7:35 a.m.–7:40 a.m.	WELCOME			
7:45 a.m.–8:45 a.m.	LEADERSHIP SUMMIT Boosting engagement through interactive & virtual technologies <i>Gwen Rose</i> 	LEADERSHIP SUMMIT Trends in wellness & design for the active aging population <i>Kim Matheson & Mary Lynn Mellinger</i> 	Bridging the wellness gap: Programming solutions throughout COVID-19 <i>Brittany Austin</i> 	Optimizing sleep for better brain health <i>Linda Sasser</i> 
9:00 a.m.–10:00 a.m.	GENERAL SESSION Precision longevity: Rethinking what it means to live long and prosper <i>Dr. Vonda Wright</i>			
10:15 a.m.–11:00 a.m.	7- Minute Solutions	7- Minute Solutions	7- Minute Solutions	
11:00 a.m.–12:00 p.m.	VIRTUAL EXPO			
12:00 p.m.–1:00 p.m.	LEADERSHIP SUMMIT Reimagining experience through innovation <i>Max Mosky & Regan Medzhibzher</i> 	LEADERSHIP SUMMIT Properly and profitably train clients age 50+ in a virtual world <i>Malin Svensson</i> 	Design principles in multisensory stimulation rooms for dementia: Design on a dime <i>Kathleen Weissberg</i> 	Using technology to deliver music as medicine for immunity, isolation & COVID challenges <i>Andy Tubman</i> 
1:15 p.m.–2:00 p.m.	Idea exchange & wrap-up	Idea exchange & wrap-up	Idea exchange & wrap-up	

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Tracks



Cognitive & emotional health: programs, activities, methods to support these dimensions



Leadership & management: partnerships, management, leadership of staff/ wellness culture



Programming: multidimensional calendars, single programs, development, content



Employee wellness: integrating employees, launching initiatives, motivation and tracking results



Physical activity: exercise, recreational activity, balance, how to plan and deliver activities











Research: findings with practical application for wellness dimensions or business process



Technology: hardware and software, social media, multimedia, current technology trends

at a glance

What is a menternship and why would I want one?	Restorative chair yoga for older adults: Can you say Ahhhhh-sana?	Effective Zoom exercise for Parkinson's & Alzheimer's	Tweakology Part 2: Lunges, punches & squats
<i>Jackie Halbin</i>	<i>Shirley Archer</i>	<i>Jackie Russell & David Zid</i>	<i>Sue Grant</i>
			
Food, the amazing medicine	Outdoor adventures: Attitude, motivation & successful aging	Exercise programs: Just one thing	Resistance training: The Swiss Army knife of exercise
<i>Tricia Silverman</i>	<i>Joe Tierney</i>	<i>Libby Norris & Ruth Parliament</i>	<i>Joseph Signorile</i>
			



Trends & innovations: innovations in the field, technologies, "big picture" topics



Wellness for health: therapists/wellness staff coordination, program benefits








"The ICAA virtual experience was wonderful! I didn't think I would enjoy it as much as I did, but the presenters, information and expo were just as good as the time I was able to attend in person."

Chelsea Clinkscales

Wellness Coordinator, Rehabcare

ICAA Conference/Leadership Summit 2021 seminars

Tuesday, November 16

7:00 a.m.–7:30 a.m.	WAKE UP WITH WELLNESS: Session 1: Lawrence Biscontini, Session 2: David Dworkin			
7:35 a.m.–7:40 a.m.	WELCOME			
7:45 a.m.–8:45 a.m.	LEADERSHIP SUMMIT How virtual reality is changing workforce learning <i>Erin Washington</i> 	Wellness the Canyon Ranch Way <i>Dustin Nabhan</i> 		Brain Power fitness challenge class <i>Cammy Dennis, Jessica Pinkowski & Ryan Glatt</i> 
9:00 a.m.–10:00 a.m.	GENERAL SESSION From retirement to regeneration <i>Chip Conley</i>			
10:15 a.m.–11:00 a.m.	7- Minute Solutions	7- Minute Solutions	7- Minute Solutions	
11:00 a.m.–12:00 p.m.	VIRTUAL EXPO			
12:00 p.m.–1:00 p.m.	LEADERSHIP SUMMIT The power of intention and quality for successful resident programming <i>Kelly Stranburg, Sara Kyle & Verna Chisman</i> 	LEADERSHIP SUMMIT Technology & personalized service for member engagement <i>Bill McBride & Michele Wong</i> 	From memories to memoir: Enhancing wellness, building community <i>Linda Sasser</i> 	Robotic companion pets: Combatting social isolation during COVID-19 <i>Ted Fischer, Alexis Travis & Tammy Cordes</i> 
1:15 p.m.–2:00 p.m.	Idea exchange & wrap-up	Idea exchange & wrap-up	Idea exchange & wrap-up	

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Tracks



Cognitive & emotional health: programs, activities, methods to support these dimensions



Leadership & management: partnerships, management, leadership of staff/ wellness culture



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Physical activity: exercise, recreational activity, balance, how to plan and deliver activities











Research: findings with practical application for wellness dimensions or business process



Technology: hardware and software, social media, multimedia, current technology trends

at a glance

More than books: Library services and older adults <i>Fatima Perkins</i> 	Forest bathing: Bringing in nature engagement programs <i>Shirley Archer</i> 	Restore mobility and reduce pain in feet and hands <i>Margot McKinnon</i> 	Down and back up with greater ease <i>Elise Foss & Becky Liston</i> 
Worksite health promotion programs within long-term care settings <i>Kelly Doran & Barbara Resnick</i> 	Keep on keeping the beat for dementia wellness <i>Lulu Leathley</i> 	Power for the ageless: Be explosive <i>Linda Magee</i> 	Active chair based flexibility training for every body <i>Cindy Kozacek</i> 



Trends & innovations: innovations in the field, technologies, "big picture" topics



Wellness for health: therapists/wellness staff coordination, program benefits













"The 2020 ICAA Virtual Conference was an amazing experience! The Keynote sessions were inspirational and informative, and I have a lot of useful take-aways to put into practice from the other sessions I attended. I think that having access to the recordings at the Virtual ICAA Conference is a tremendous value!"

Sharlyn Green

Founder, Core Connection LLC, and National Trainer, Tivity Health

ICAA Conference/Leadership Summit 2021 seminars

Wednesday, November 17

7:00 a.m.–7:30 a.m.	WAKE UP WITH WELLNESS: Lawrence Biscontini			
7:35 a.m.–7:40 a.m.	Welcome			
7:45 a.m.–8:45 a.m.	LEADERSHIP SUMMIT Critical thinking as a foundation for innovation <i>Karen Woodard</i> 	LEADERSHIP SUMMIT Best practices: Creating an award-winning culture of wellness <i>Annie Shaffer, Stacy Schroder, Jackie Halbin, Jill Hyers & Jane Benskey</i> 	Food for thought: Superfoods to the rescue <i>Tricia Silverman</i> 	Engaging older adults with dementia in activities after COVID-19 <i>Barbara Resnick & Elizabeth Galik</i> 
9:00 a.m.–10:00 a.m.	LEADERSHIP SUMMIT Supporting your labor force through pandemics and beyond <i>Jana Decker</i> 	Prioritizing brain health care: Beyond the pandemic <i>Krystal Culler & LeAnne Stuver</i> 	Cracking the dementia code: Using art for meaning & validation <i>Krissy Wuerdeman</i> 	Exercise for emotional health: Reducing pain & susceptibility to stress <i>Karlie Intlekofer</i> 
10:15 a.m.–11:00 a.m.	7- Minute Solutions	7- Minute Solutions	7- Minute Solutions	
11:00 a.m.–12:00 p.m.	VIRTUAL EXPO			
12:00 p.m.–1:00 p.m.	LEADERSHIP SUMMIT The digital transformation of senior living: Adoption & implementation <i>Nick Patel & Paul Steininchen</i> 	Music for all 2.0: Promoting wellness through community music-making <i>Mary Knysh</i> 	Exercise programming for recovered COVID residents in senior living <i>Collin Craft</i> 	Powerful online programming for fitness friends <i>Michelle Kerr & Libby Norris</i> 
1:15 p.m.–2:00 p.m.	Idea exchange & wrap-up	Idea exchange & wrap-up	Idea exchange & wrap-up	

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Research: findings with practical application for wellness dimensions or business process



Technology: hardware and software, social media, multimedia, current technology trends

Life hacks for living well <i>Terry Eckmann</i> 	Nordic walking: Pole dancing for Parkinson's <i>Mandy Shitani</i> 	Solitary shakti: Movement & meaning <i>Laurence Biscontini</i> 	FemTech <i>Vonda Wright</i> 
Lives well lived: Intergenerational projects connecting generations <i>Sky Bergman</i> 	Creating shared laughter for connection and personal wellness <i>Dani Klein Modisett</i> 	Balance exercise challenge to reduce falls in assisted living <i>Casey Weeks</i> 	Frailty: The prep and prehab solution <i>Patricia VanGalen</i> 
Tap & Clap Cardio for older adults <i>Lisa McLellan</i> 	Thinking outside the box: Somatic approaches to improve movement <i>Elise Foss & Sarah Leibov</i> 	Osteo-friendly exercises for core & balance <i>Linda Magee</i> 	



Trends & innovations: innovations in the field, technologies, "big picture" topics



Wellness for health: therapists/wellness staff coordination, program benefits

Registration

ICAA Virtual Conference, Summit & Expo 2021	After August 5
ICAA members	
1st registration	\$349
2nd and 3rd registration	\$299
4th and more registration	\$209
Nonmembers	
1st registration	\$419
2nd and 3rd registration	\$369
4th and more registration	\$259

Note: All registration fees are in US dollars.

Registration includes: education seminars • General Sessions • online handouts • entry to the virtual expo • **full-access pass to the ICAA Virtual Conference, Leadership Summit and Expo 2021.**

Your four-day pass gives you access to all educational offerings—collaboration sessions, seminars, speaker chats, activities workshops—plus facilitated idea exchanges, virtual exhibits and *live* online networking. Connect, too, with industry partners through the Virtual Expo.

Additional fees are required for continuing education unit registration (\$45) to cover costs charged by certifying agencies.

Group discount: To receive a group discount, you must register all attendees at the same time and pay with one check or credit card. You can add an attendee to your registered group by calling ICAA at 866-335-9777 or 604-734-4466.

Register today for the ICAA Virtual Conference, Leadership Summit and Expo 2021! Call toll-free 866-335-9777 (North America only) or 604-734-4466. Or go to <https://icaaconference.icaa.cc/register.php> to register online or download forms to complete and return via fax or mail.

For full information about sessions, presenters and more, visit <https://icaaconference.icaa.cc>.

All conference details are subject to change.



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- Attend on four shorter days spread over two weeks.
- Participate *live* on the day or access later on-demand.
- Customize your schedule to fit with commitments.

Benefits of shorter days

- Protect your eye health.
- Manage your energy.
- Absorb information better.
- Apply what you learn sooner.
- Set up connections with conference partners and colleagues.

Ask about group rates!



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