



Afro-Canadian Caribbean Association of Hamilton presents

## 2023 Seniors Empowerment Forum Minding Your Health & Wellness

**Keynote Speaker: Dr. Ingrid Waldron**

Monday, June 12, 2022 - 11am to 2:30pm

Bernie Morelli Recreation Centre - 876 Cannon St E, Hamilton, ON



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**For Immediate Release (Monday, June 29, 2023):** Celebrate Seniors Month in Ontario with the Afro-Canadian Caribbean Association (ACCA) of Hamilton at their 2023 Senior Empowerment Forum. This half day forum will take place on Monday, June 12, 2023 from 11am to 2:30pm at the Bernie Morelli Recreation Centre at 876 Cannon Street East in Hamilton, Ontario. Admission is free and open to the public.

The forum will include speakers and panel discussions focusing on health and wellness, disparities in health, elder abuse prevention and access to culturally acceptable supports. It will also feature a health and wellness marketplace and nutritious lunch. ACCA's goal is to empower Black seniors with tools and resources to support successful aging.

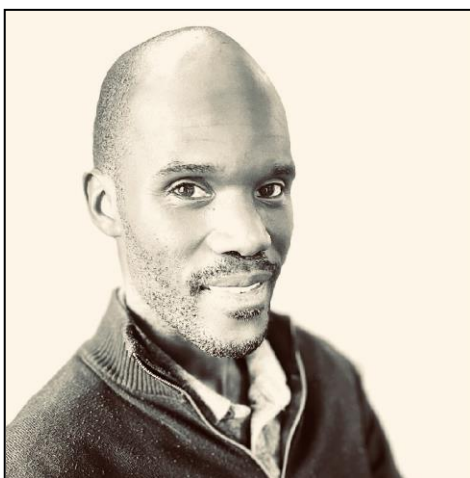
"Your mental health matters," says ACCA's President Evelyn Myrie, "and that is why ACCA is once again presenting a robust Forum specifically geared to Black Seniors."

ACCA's Senior Empowerment Forum, Minding Your Health & Wellness, features keynote speaker Dr. Ingrid Waldron - Professor and HOPE Chair in Peace and Health Global Peace and Social Justice Program, McMaster University. Other special guests and panelists include Lorna King-Bobb RN, BSCN, M.Ed. - Retired Nurse & Clinical Instructor with Trillium

Health Partners, Michael Opoku-Forfieh - Counsellor with the Canadian Counselling and Psychotherapy Association, Debbie Nicholls-Skerritt - Wellness Cultural Movement Medicine Coach, and Police Constable Ryan Clarke - Crime Prevention Officer with the Hamilton Police Service.

ACCA thanks the Government of Ontario's Senior Community Grant Program for their support of this event. Community members can register for ACCA's 2023 Seniors Empowerment Forum online via Eventbrite.

**Dr. Ingrid Waldron (MA, University of London; PhD, University of Toronto)** is the HOPE Chair in Peace and Health in the Global Peace and Social Justice Program in the Faculty of Humanities at McMaster University. She teaches the Social and Structural Determinants of Health and Peace, Environment and Health in the Global Peace and Social Justice Program and Social Justice Perspectives on Gender and Health in the Gender Studies and Feminist Research Graduate Program in the Faculty of Humanities. Dr. Waldron is the author of *There's Something in the Water: Environmental Racism in Indigenous and Black Communities*, which was turned into a 2020 Netflix documentary of the same name and was co-produced by Waldron, actor Elliot Page, Ian Daniel, and Julia Sanderson and directed by Page and Daniel. Dr. Waldron is the founder and Director of the Environmental Noxiousness, Racial Inequities and Community Health Project (The ENRICH Project) and helped develop the federal private members bill a National Strategy Respecting Environmental Racism and Environmental Justice (Bill C-226). Bill C-226 was introduced in the House of Commons in 2022, by MP Elizabeth May and is now at Senate, where it could become the first environmental racism law/legislation in Canada. Dr. Waldron also co-founded the Canadian Coalition for Environmental and Climate Justice with Naolo Charles, which has brought together organizations in the environment and climate change sector across Canada to collaborate on projects and share expertise and resources to address environmental racism and climate change inequities in Indigenous, Black, and other racialized communities in Canada. Dr. Waldron is currently writing her next book entitled *From the Enlightenment to Black Lives Matter: The Impact of Racial Trauma on Mental Health in Black Communities*, which will trace experiences of racial trauma in Black communities in North America and the UK from the colonial era to the present day.



Debbie Nicholls-Skerritt, Michael Opoku-Forfieh and Lorna King-Bobb RN, BSCN, M.Ed.

**The Afro-Canadian Caribbean Association (ACCA) of Hamilton** is a charitable non-profit organization that was founded in 1979 by early Black immigrants. ACCA has invested in lifting up Black excellence throughout the City of Hamilton. Today ACCA offers youth mentorship and seniors programs and is a strong voice on issues facing the Afro-Canadian Caribbean community in Hamilton. ACCA's creed is Unity, Strength and Progress. Therefore through its members ACCA strives to provide a vehicle for uniting all African, Canadian and Caribbean people residing in the Hamilton region. ACCA's forward thinking drives and empowers its members to live a lives filled with black excellence.

**Online Registration for ACCA's 2023 Seniors Empowerment Forum**

<https://www.eventbrite.ca/e/seniors-empowerment-forum-2023-tickets-636628752737>

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