



ACCA 2024 Black Seniors Health, Wellness & Empowerment Forum

Friday, June 14, 2024 from 11am to 2:30pm
Bernie Morelli Recreation Centre
867 Cannon Street East, Hamilton, Ontario

For Immediate Release (May 21, 2024): Celebrate Seniors Month in Ontario with the Afro-Caribbean Association (ACCA) of Hamilton at their 2024 Black Seniors Health, Wellness and Empowerment Forum. This half day forum will take place on Friday, June 14, 2024 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. To register call (905) 385-0925 or email acca1979info@gmail.com.

The forum will include speakers and panel discussions focusing on health and wellness from a cultural perspective with a holistic approach focusing on the mind, body and soul. The event will also feature a health and wellness marketplace and nutritious lunch. ACCA's goal is to empower Black seniors with the tools and resources to support successful aging.

JUNE IS SENIORS MONTH
ACCA ANNUAL SENIORS HEALTH, WELLNESS & EMPOWERMENT FORUM

14 JUNE

FEATURING:
• GUEST SPEAKERS
• PANEL DISCUSSION
• MARKETPLACE
• NUTRITIOUS LUNCH

INTERNATIONAL
MIND YOUR HEALTH
AFRICAN
DESCENT
2024 - 2024

Location: Bernie Morelli Rec. Ctr.
867 Cannon Street East, Hamilton.
Register for free @ acca1979info@gmail.com
or call 905-385-0925

"As we celebrate Seniors Month this June, we honor the resilience, wisdom, and contributions of our seniors," says ACCA's President Evelyn Myrie, "Their strength and experiences are the foundation of our community. Let us continue to support and empower them through initiatives that promote health, wellness, and a vibrant, inclusive society. Together, we can ensure our seniors thrive with dignity and vitality."

ACCA's 2024 Black Seniors Health, Wellness and Empowerment Forum, Minding Your Health & Wellness features Keynote Speaker Dr. Paige Wyatt, Host Moy Fung, Panelists Joyce King, Norma Nicholson and Steve Petgrave along with special guests Hamilton Centre MP Matthew Green and Dejehan Hamilton from Luckystickz providing musical entertainment.



Dr. Paige Wyatt (Keynote Speaker): A dedicated naturopathic doctor based in Ontario, Canada, Dr. Paige Wyatt draws inspiration from her Jamaican heritage. Growing up surrounded by traditional herbal remedies and holistic practices, she developed a deep appreciation for the power of natural medicine. Dr. Wyatt chose to pursue naturopathic medicine as a profession to honour her roots and offer patients a holistic approach to healing. With a passion for holistic health and wellness, she combines traditional naturopathic principles with modern evidence-based practices to provide personalized care to her patients. Naturopathic medicine emphasizes the body's innate ability to heal itself and focuses on treating the root cause of illness using natural therapies such as nutrition, herbal medicine, lifestyle adjustments, and mind-body techniques. Through her compassionate approach and commitment to ongoing education, Dr. Wyatt strives to help her patients achieve optimal health and vitality, empowering them to take control of their health journey.

Moy Fung (Host): Moy Fung has devoted decades to driving social change through entrepreneurship and advocating for humanity and empathy within organizations and society. She serves as a non-profit leader, seasoned coach, advocate for social justice, and adept moderator and emcee of transformational conversations and events. Passionate about human capital development and the transformation of mentalities, communities, and culture, she specializes in personal leadership development, diversity, allyship, youth development, and fostering teamwork and synergy. With a keen understanding of people's unique needs, Moy excels in crafting innovative solutions that prioritize human well-being. Whether guiding individuals through personal challenges,



supporting families in transitions, or steering organizations toward sustainable success, her approach remains rooted in compassion and understanding. Moy's journey has been shaped by diverse experiences across various sectors, underscoring the importance of human connection and empathy in driving meaningful change.



Joyce King (Panelist): A vibrant 94-year-old, born in Guyana and a long-time resident of Canada with a background as an aerobic instructor, Joyce King embodies the importance of staying active and healthy. Joyce finds joy in the simple pleasures of life, including cooking, sewing, knitting, and gardening. As the matriarch of a large family, she cherishes their weekly gatherings, fostering strong bonds and creating cherished memories. Joyce's zest for life extends

to her belief in homemade meals and supporting local businesses through her shopping habits. Despite her age, she remains independent and proactive about her health, preferring self-reliance over excessive reliance on medical intervention. Always eager to learn and stay current, Joyce enjoys reading and staying engaged with the world around her. With a love for social events and a commitment to daily workouts and walks, Joyce exemplifies a life well-lived and full of vitality.

Norma Nicholson (Panelist): A seasoned author and retired Nurse with 46 years of dedicated service in healthcare, Norma Nicholson is a beacon of wisdom and vitality at 77 years young. With a passion for continuous learning and a commitment to community, Norma's journey has been marked by a relentless pursuit of knowledge and a deep-rooted dedication to uplifting others. As a mother, wife, and pet owner, she finds joy in the simple pleasures of life, from daily walks with her beloved companion Cody to crafting nutritious snacks and embracing the joys of family and friendship. Norma's experience in nursing has not only shaped her professional path but also instilled in her a profound appreciation for healthy living, evident in her steadfast commitment to maintaining three balanced meals each day. Beyond her illustrious career, Norma is a fervent advocate for youth empowerment, using her voice as a public speaker to inspire and educate future generations. Her vibrant spirit, unwavering resilience, and unwavering dedication to wellness serve as a testament to the power of living a purposeful and fulfilling life



Steve Petgrave (Panelist): "As someone who has dedicated many years to both Delta Air Lines and my community, I understand the profound impact of maintaining a healthy lifestyle. Celebrating Seniors Month with the theme 'Health, Wellness & Empowerment Forum' reminds us of the importance of staying active and engaged. Through walking, playing soccer, and cherishing time with my family, I strive to inspire others in our community to prioritize their well-being. Together, we can foster a supportive environment that empowers us all to lead vibrant, healthy lives." - Steve Petgrave, Operations Service Manager at Delta Air Lines and Board Member of the Old Boys Association.

The Afro-Canadian Caribbean Association of Hamilton and District (ACCA) 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. At the core of ACCA's values is the belief that all residents have the right to a good life.

<https://accahamilton.com/>

With thanks to our sponsor St. Matthew's House



Dr Paige Wyatt ND.
Keynote Speaker

Moy Fung
Guest Host

Mrs Joyce King
Panelist

Steve Petgrave
Panelist

Norma Nicholson
Panelist

Annual Seniors Empowerment Forum

HEALTH, WELLNESS AND EMPOWERMENT FORUM
CELEBRATING ACCA'S 45TH ANNIVERSARY

DATE: JUNE 14, 2024
TIME: 11:00AM - 2:30PM
PLACE: BERNIE MORELLI REC CENTRE

- 30 -

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