

**One Hour Program Overview**  
**Seniors Connect Champion Workshop**

<b>Time</b>	<b>Speaker</b>	<b>Slide</b>	<b>Content and Key Points</b>
	N/A	1	<ul style="list-style-type: none"> <li>Cover Slide</li> </ul>
1:00 – 1:15 15 minutes		2	<ul style="list-style-type: none"> <li>Welcome, housekeeping announcements</li> <li>Introduction of Facilitators and Participants</li> </ul>
		3	<ul style="list-style-type: none"> <li>Review Agenda and Objectives</li> </ul>
		4	<ul style="list-style-type: none"> <li>About Nanaimo Seniors Connect</li> </ul>
		5	<ul style="list-style-type: none"> <li>Definition of Social Isolation</li> </ul>
		6	<ul style="list-style-type: none"> <li>Why is Address Social Isolation?</li> </ul>
		7	<ul style="list-style-type: none"> <li>Reflections on Social Isolation</li> </ul>
1:15 – 1:30 15 minutes		8	<ul style="list-style-type: none"> <li>Impact of Social Isolation</li> </ul>
		9	<ul style="list-style-type: none"> <li>Health Consequences</li> </ul>
		10	<ul style="list-style-type: none"> <li>Who can Become Socially Isolated?</li> </ul>
		11	<ul style="list-style-type: none"> <li>Risk Factors</li> </ul>
		12	<ul style="list-style-type: none"> <li>Avoiding Social Isolation</li> </ul>
		13	<ul style="list-style-type: none"> <li>Better Together Champions</li> </ul>
		14	<ul style="list-style-type: none"> <li>What to Look for</li> </ul>
		15	<ul style="list-style-type: none"> <li>What to Look for #2</li> </ul>
1:30 – 1:45		16	<ul style="list-style-type: none"> <li>Taking Action</li> </ul>
		17	<ul style="list-style-type: none"> <li>Taking Action #2</li> </ul>
15 minutes		18	<ul style="list-style-type: none"> <li>Ethics and Legal Considerations</li> </ul>
		19	<ul style="list-style-type: none"> <li>Top 10</li> </ul>
		20	<ul style="list-style-type: none"> <li>Top 10, second slide</li> </ul>
1:45 – 2:00 10 minutes		21	<ul style="list-style-type: none"> <li>Question and Answer Session</li> <li>Evaluations, Thank You</li> </ul>