

Educational Speaker Series

Aging your Way: Creating an Age-Inclusive Canada, Together

TALK #1

Adult Vaccinations: Which ones to get and why?

Date: March 15, 2021

Time: 1 p.m. - 2 p.m. ET

Cost: FREE

[Register Here](#)

About the Talk

Our immune systems get weaker with age, putting us at higher risk for severe health outcomes caused by the flu, pneumonia and shingles. Keeping up to date with your vaccinations is the best way to stay safe, especially during the COVID-19 pandemic, yet most older adults aren't immunized against the most common preventable diseases. Learn which vaccines to get, when and how in this empowering educational talk.

This session will be moderated by [Laura Tamblyn Watts](#), CEO of CanAge (Canada's National Seniors' Advocacy Organization), featuring [Dr. Kumanan Wilson](#), Senior Scientist, Clinical Epidemiology Program at the Ottawa Hospital Research Institute and Scientific Advisor for Innovation for Bruyère and [Dr. Vivien Brown](#), Family Physician, International Speaker and Author focusing on Healthy Aging and Preventive Healthcare, Board Member of Immunize Canada and Assistant Professor at University of Toronto's Department of Family and Community Medicine.

This session is part of **Aging your Way: Creating an Age-Inclusive Canada, Together**: an educational speaker series brought to you by CanAge and Toronto Public Library. View the complete series [schedule](#).

Biographies

HOST



Laura Tamblyn Watts

President & CEO

Laura Tamblyn Watts, president and CEO of CanAge, is a highly sought after expert regarding matters involving older adults in Canada and around the world. She currently teaches at the University of Toronto, where she is also a Fellow of the Institute for Life Course and Aging.

Laura is an Executive Member of the Canadian Bar Association's National Elder Law section and a Board member of the National Initiative for the Care of the Elderly. She is also a board member of the Investment Funds Institute of Canada's (IFIC) committee on Seniors and Vulnerable Investors, PACE Independent Living, Elder Abuse Prevention Ontario, and an incoming member of the Investment Industry Regulators Organizations of Canada (IIROC).

www.canage.ca/team

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EXPERTS



Dr. Kumanan Wilson

Senior Scientist, Clinical Epidemiology Program at the Ottawa Hospital Research Institute and Scientific Advisor for Innovation for Bruyère

Dr. Kumanan Wilson is a specialist in General Internal Medicine at The Ottawa Hospital, Chief Executive Officer of [CANImmunize](#) and an innovation advisor for Bruyère.

A Professor and Faculty of Medicine Clinical Research Chair in Digital Health Innovation at the University of Ottawa, he is also a member of the University of Ottawa's [Centre for Health Law, Policy and Ethics](#).

Dr. Wilson is the CEO and founder of CANImmunize, a science-based technology company specializing in immunization software that spun out from The Ottawa Hospital in 2019. To help Canadians keep track of their vaccinations, the team developed CANImmunize, a pan-Canadian digital immunization tracking system available as a mobile app and through a web portal. Dr. Wilson and his team are currently focused on digital immunization solutions to help combat the COVID-19 pandemic.

Dr. Wilson's research focuses on digital health, immunization, pandemic preparedness and public health policy and innovation. His research on immunization has explored social media's impact on vaccine hesitancy, evaluation of vaccine safety using health services data and vaccine policy, including advocating for vaccine injury compensation. Other research interests include blood safety and newborn screening, health ethics, law and policy.

He has received support from multiple organizations including the Canadian Institutes of Health Research (CIHR), the World Health Organization (WHO), The Bill & Melinda Gates Foundation and Canada's Immunity Task Force.



Dr. Vivien Brown

Family Physician, Speaker and Author focusing on Healthy Aging and Preventive Healthcare, Board Member of Immunize Canada and Assistant Professor at University of Toronto's Department of Family and Community Medicine

Dr. Brown is a family physician with a busy practice in Toronto. She is a pioneer and tireless advocate on a national and international scale about the need to raise awareness about women's health issues and preventative healthcare, and healthy aging and has written two books on women and healthy aging. She is a noted speaker in Canada, the US and Internationally.

In 2018, the North American Menopause Society awarded Dr. Brown the Media Award for her work in raising awareness about women's health issues and healthy aging through her numerous speaking engagements and book, *A Woman's Guide to Healthy Aging: 7 Proven Ways to Keep You Vibrant, Happy & Strong*.

Her new book, [*The NEW Woman's Guide to Healthy Aging. 8 Proven Ways to Keep You Vibrant, Happy & Strong*](#) was released on February 16, 2021.

Dr. Brown also works to help shape health policy in Canada, through numerous advisory bodies including as past President of the Federation of Medical Women of Canada, Immunize Canada, and the Women's Brain Health Initiative, Medical Board of Directors, HealthChoicesFirst, Past Chair of the Consumer Education Committee of the North American Menopause Society, Member, Faculty Advisor, McGill Medical School. She is VP for North America Medical Women's International Association.

She is Assistant Professor, Faculty of Medicine, at the University of Toronto, in the Department of Family and Community Medicine.

For resources, more information, and upcoming talks throughout 2021 visit CanAge.ca/AgingYourWay