



A New Health Promotion Seminar Series Healthy Sexuality and Our Aging Population

The Health Promotion Seminar Series is a collaborative effort between the Community Health Nurses' Initiatives Group (CHNIG) and the de Souza Institute. The seminars offer an opportunity for professional development to nurses working in all domains of practice: community or acute care.

DESCRIPTION:

We are all sexual beings from birth to death. For the first time in this country's history, there are now more people aged 65 and over than there are aged 14 and below. As our communities age, community health nurses are having sexuality conversations with people at all ages and stages. This webinar will increase your capacity and confidence for conversations about healthy sexuality with aging adults.

SEMINAR OBJECTIVES:

- To increase awareness and knowledge of issues of healthy sexuality and aging including typical age related changes and common sexual dysfunctions
- To increase knowledge of STIs, HIV and reproductive health considerations in our aging population
- To increase awareness and skills for working with sexually and gender diverse people and their families.

PRESENTERS:



Tammy Troute-Wood, RN, MN, is working in the role of Sexual and Reproductive Health Specialist with Alberta Health Services (AHS) in Calgary, AB. She is also an instructor with the University of Alberta in the post-graduate Sexual Health Certificate and University of Lethbridge post-diploma Bachelor of Public Health Leadership programs. In her spare time, she volunteers with the Alberta Society for the Promotion of Sexual Health (ASPSH) and has recently joined as a member of the national advisory board for Action Canada for Sexual Health and Rights.



Heather Cobb, BSc., PGCE, is the Sexual Health Promotion Specialist with Alberta Health Services, Calgary. An education and training professional Heather has been with the Sexual and Reproductive Health Program since 2000 working with children, teens, parents, teachers and health care professionals to explore human sexuality. Areas of particular interest to Heather include sexuality and disability and the role of parents in normalizing healthy sexuality for their children. Above all she is passionate about making the topic of sexual health and relationships accessible and comfortable for everyone.

To view this webinar, please click on the following link or cut and paste it into your browser:

<https://www.youtube.com/watch?v=oh1tnwBLMq0&feature=youtu.be>