

# *Mini-Lecture Series for Adults 55+*

Content: Of interest to adults 55+ but lectures open to general public  
 Admission: Free  
 Time: **10:00 AM to Noon**; nutrition break provided

**Registration required:** Contact StFX Continuing & Distance Education  
 867-3319 or [cmaceach@stfx.ca](mailto:cmaceach@stfx.ca)

<b>FALL 2016 SCHEDULE</b>			
<b>TUESDAYS 10:00 - Noon</b>	<b>PRESENTER</b>	<b>TOPIC: "Sleep Disorders and Dreams"</b>	<b>LOCATION</b>
October 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>	Zoe Hayes	"Sleep, Gentle Sleep: What It Is, and How We Do It."	Antigonish People's Place Library – Community Room
		"Sleep Disorders: Why Can't I Sleep?"	
		"Dreams and Nightmares: We Have to Sleep, Do We Have to Dream?"	
<b>TUESDAYS 10:00 - Noon</b>	<b>PRESENTER</b>	<b>TOPIC: "Innovation for a New Economy"</b>	<b>LOCATION</b>
November 1 <sup>st</sup>	Alison Mathie	"Permeating the Mainstream: Rural Action for a Sustainable Future of Central Appalachia"	Antigonish People's Place Library – Community Room
November 8 <sup>th</sup>	Gord Cunningham	"Ecotrust Canada: Building the Conservation Economy"	
November 15 <sup>th</sup>	Phil Davison	"Reclaiming Land, Reaffirming Culture: The Deep South Community Agricultural Network"	

***Sponsored by StFX Continuing & Distance Education & People's Place Library***



For additional information or to register, contact: StFX Continuing &  
 Distance Education Department 867-3319 or [cmaceach@stfx.ca](mailto:cmaceach@stfx.ca)



**Pictou-Antigonish  
Regional Library**