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Living Healthy calendar available

Halton Healthcare Services' "Living Healthy" calendar of health education events is hot off the press with a great line-up of free public health seminars for this upcoming season. Working in partnership with other community healthcare agencies and health service providers, Halton Healthcare Services proactively organizes the health education series to help people in the community access reliable and current health information.

"Today's healthcare consumers are looking for a reliable source of medical information - a source they can trust," said Cindy Popp, Health Promotion Coordinator at Halton Healthcare. "Our seminars are generally presented by local physicians from our community hospitals. These seminars promote healthy lifestyle choices, and connect people with key community resources, but most importantly, they provide individuals with the opportunity to have their health related questions answered by qualified healthcare professionals," she said.

The seminars, held in Georgetown, Milton and Oakville, begin at 7 p.m., followed by a question period. The evening usually ends around 9 p.m. Individuals arriving between 6:30 and 7 p.m. can visit displays manned by related com-

munity health and social service agencies.

The health series includes seminars relating to heart health, childhood health, Nordic Pole Walking, prostate cancer, cervical cancer, depression and hearing health.

The events are organized by Halton Healthcare Services in partnership

with numerous community organizations including; the Canadian Cancer Society, Well-spring, YMCA, Halton Regional Health Department, Canadian Mental Health Association, the Oakville Distress Centre, Heart and Stroke Foundation of Ontario and Halton Women's Health

Alliance as well as Halton Healthcare Departments of Cardiac Care and Halton Diabetes.

Contact 905-845-2571 ext. 4379 or healthpromotion@haltonhealthcare.on.ca to obtain a copy of the calendar of health education events taking place from February to May 2011.

Living Healthy

Displays and refreshments start at 6:30 pm.
Seminars start at 7:00 pm.

FREE SEMINARS
www.haltonhealthcare.com

WINTER/SPRING 2011	Wednesday, February 16	Advances in Cardiac Care in our Community Dr. Michael Heffernan, HHS Cardiologist	Southside Community Church 7480 Derry Road Milton
	Thursday, March 31	Health Benefits of a Nordic Pole Walking Program Klaus Schwanbeck, Ph.D	Oakville-Trafalgar Memorial Hospital 327 Reynolds Street Oakville
	Wednesday, April 6	Prostate Cancer Prevention: What to do if you have it Dr. Richard Casey, HHS Urologist	Southside Community Church 7480 Derry Road Milton
	Monday, April 11	Our Family - Our Food Empowerment through the love of food Sandra Saville, Registered Dietitian Julia Hanna, Julia's / Ritorno	Halton Regional Centre 1151 Bronte Road Oakville
	Tuesday, April 26	Do I Still Need a Pap? Dr. Santina Andrighetti, HHS Gynaecologist	Georgetown Hospital 1 Princess Anne Drive Georgetown
	Tuesday, May 10	Depression and the Family Dr. Karl O'Sullivan, HHS Psychiatrist	Oakville-Trafalgar Memorial Hospital 327 Reynolds Street Oakville
	Tuesday, May 24	Hearing Health: Better hearing with today's technologies Susan Thomsen & Dianne Desmond HHS Audiologists	Georgetown Hospital 1 Princess Anne Drive Georgetown

Free parking at all events

To reserve a seat for seminars or receive future calendars contact:
healthpromotion@haltonhealthcare.on.ca or 905-878-2383 ext. 4379



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