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# Hospital to host seminars this fall

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 this health education series to help people in the community to access reliable and current health information.

"Today's healthcare consumers are looking for a reliable source of medical information—a source they can trust," explained Cindy Popp, Health Promotion Co-ordinator 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."

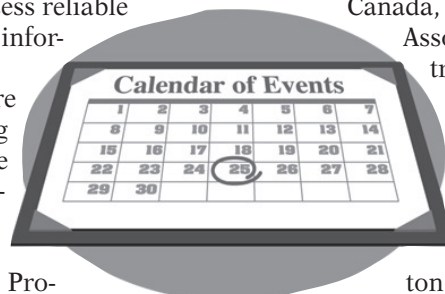
The seminars, held in Georgetown, Milton and Oakville, start at 7 p.m. followed by a question period. The evening usually ends around 9 p.m. Individuals arriving between 6:30 and 7 p.m. may visit displays manned by related community health

and social service agencies. The present health series includes seminars relating to the following topics; prostate cancer, arthritis, lymphedema, probiotics, stress, hypertension and kidney disease.

The events are organized by Halton Healthcare Services in partnership with numerous community organizations including Crohn's and Colitis Foundation of Canada, the Kidney Foundation of Canada, Canadian Mental Health Association, the Oakville Distress Centre, The Arthritis Society and the Halton Women's Health Alliance as well as Halton Healthcare Departments of Kidney Function, Cardiac Care, and Halton Diabetes.

"With such a wide range of health topics, there's bound to be something of interest for everyone. These seminars are a great way to meet some of the healthcare professionals who practice in our communities and there's always an abundance of additional information on community resources and services. I invite everyone to pick up a calendar and check out the upcoming seminars," said Popp.

Contact 905-845-2571 ext. 6147 or healthpromotion@haltonhealthcare.on.ca to obtain a copy of the calendar of health education events taking place from September to November.



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