

Halton Healthcare Services offering variety of seminars

Halton Healthcare Services has been offering the Living Healthy community health education seminars for many years. The topics are wide-ranging and cover general wellness and disease management.

Seminars are generally held in the evening and are two hours in length. Speakers include physicians and other health professionals. Related community agencies set up displays in order to link participants to services and resources that will help them improve or maintain their health.

Displays and refreshments start at 6:30 p.m. Seminars start at 7 p.m.

TO reserve a seat please call: 905-338-4379 or 905-873-0111 ext.4379 or e-mail: elittle@haltonhealthcare.on.ca

The January to June seminar sessions kick off Tuesday, Jan. 29 with an Introduction to Cataract & Glaucoma Management with Dr. Bindlish, Ophthalmologist at the Oakville-Trafalgar Memorial Hospital, 327 Reynolds Street, Oakville.

This is followed by:

- Wednesday, Feb. 20— Hypertension & Kidney Disease with Dr. Sapir, Nephrologist at the LeDome Banquet Hall, 1173 N. Service Road East, Oakville

- Thursday, Mar. 27— Colon Cancer: Screening & Surveillance with Dr. Pandya, Gastroenterologist at the LeDome Banquet Hall, 1173 N. Service Road East, Oakville

- Tuesday April 8— Advanced Cataract Surgery: The State of the Art with Dr. O. Hakim, Ophthalmologist at Milton District Hospital, 30 Derry Road East, Milton

- Thursday, April 17— Successful Strategies for Coping with Hearing Loss with John Ford, Hard of Hearing Advocate and Susan Thomsen & Dianne Desmond,

Audiologists at New Life Church, 824 Thompson Road South, Milton

- Tuesday May 6— Psychiatric Care Made Easy & Understandable with Dr. Hastings, Psychiatrist, Oakville-Trafalgar Memorial Hospital, 327 Reynolds Street, Oakville

- Wednesday, May 7— Inflammatory Bowel Disease: Nutrition Before & After Surgery with Dr. Kolbasnik, General Surgeon and Andrea Clark, Clinical Dietitian at Milton District Hospital, 30 Derry Road East, Milton

- Tuesday May 20— Vaccines & Immunizations: The Facts & Controversies with Dr. Chu, Family Physician & Associate Chief of Staff in the Gallery of the Halton Hills Cultural Centre, 9 Church Street, Georgetown

- Tuesday, May 27— The Skin Cancer Epidemic with Dr. Sapra, Dermatologist at Oakville-Trafalgar Memorial Hospital 327 Reynolds Street, Oakville

- Thursday, June 12— The Treatment of Asthma with Dr. Chau, Respiriologist at Oakville-Trafalgar Memorial Hospital, 327 Reynolds Street, Oakville

Also don't forget the Living Healthy Family Wellness Fair on Saturday April 5, 10 a.m. to 2 p.m. at the Milton Mall, 55 Ontario St. S., Milton.

The calendar of seminars is produced two times per year and is distributed by mail and e-mailed to more than 2,000 individuals and organizations.

To be added to the distribution list, contact elittle@haltonhealthcare.on.ca or to view Halton Healthcare's Living Healthy Calendar of Events online, visit www.haltonhealthcare.com.

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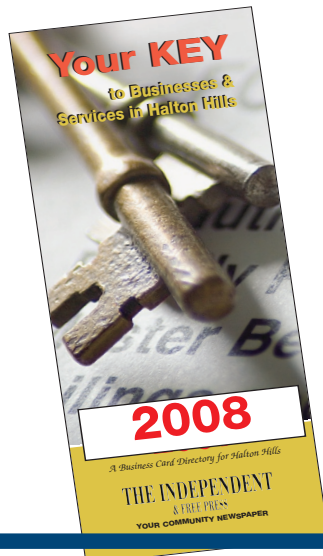
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