

living healthy

FREE SEMINARS

JANUARY - JUNE 2009

A series of free public education events presented by



Halton Healthcare

Seminars presented in partnership with:

Canadian Cancer Society
www.cancer.ca

Canadian Mental Health Association
www.cmha-halton.ca

CNIB
www.cnib.ca

Centre for Addiction and Mental Health
www.camh.net

Colorectal Cancer Association of Canada
www.ccac-accc.ca

Canadian Celiac Association
www.celiac.ca

Halton Region Health Department
www.halton.ca/health

Heart and Stroke Foundation of Ontario
www.heartandstroke.ca

The Lung Association
www.on.lung.ca

Milton District Hospital Foundation
www.mdhf.ca

North Halton Mental Health Clinic
www.halton.ca

Wellspring
www.wellspring.ca

Women's Health Alliance
www.choices4health.org

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

Tues. Jan. 27	Smoking Cessation: You Can Do It - We Can Help! E. Gagne, HHS Registered Respiratory Therapist M. Bennett, Senior Coordinator Smoker's Helpline	Oakville-Trafalgar Memorial Hospital 327 Reynolds Street, Oakville
Mon. Feb. 2	A Heart to Heart about Heart Failure Dr. M. Heffernan, HHS Cardiologist	Oakville-Trafalgar Memorial Hospital 327 Reynolds Street, Oakville
Wed. Feb. 11	Get Smart - Look After Your Heart S. Thiessen, Registered Dietician, HHS Cardiac Rehab	Milton District Hospital 30 Derry Road East, Milton
Wed. Mar. 25	Gluten Intolerance and Celiac Disease 101: What You Need to Know Dr. S. Pandya, HHS Gastroenterologist A. Anca, Registered Dietician, Canadian Celiac Association Advisory Board	LeDome Banquet Hall 1173 N. Service Road East, Oakville
Tues. Apr. 14	Advanced Cataract Surgery Dr. O. Hakim, HHS Ophthalmologist	Halton Hills Cultural Centre, 9 Church Street, Georgetown
Tues. Apr. 21	Colon Cancer: Diagnosis, Treatment, and Strategies for Prevention Dr. J. Kolbasnik, HHS General Surgeon Y. Van Impe, Enterostomal Therapist, Acclaim Health	Milton District Hospital 30 Derry Road East, Milton
Thurs. Apr. 30	Returning Elderly Loved Ones Safely Home After a Hospital Stay C. Raiskums, HHS Mgr of Social Work and Patient Flow V. Speiran, CCAC Case Manager C. Dykeman, Halton Region Falls Prevention Program	LeDome Banquet Hall 1173 N. Service Road East, Oakville
Tues. May 5	Osteoporosis Therapy in 2009: What You Need to Know Dr. A. Khan, HHS Metabolic Bone Disease Specialist	Southside Community Church 2850 Derry Road East, Milton
Thurs. May 7	Attention Difference Disorder – How To Turn Differences Into Strengths: ADHD in Kids, Teens and Adults Dr. K. Handelman, HHS Psychiatrist	Halton Hills Cultural Centre, 9 Church Street, Georgetown
Thurs. May 28	The Positivity Training Plan: Strategies for Increasing Positivity at Work and Home L. Nedkov, HHS Kailo Coordinator and The Energy Coach	Oakville-Trafalgar Memorial Hospital 327 Reynolds Street, Oakville
Tues. June 9	Living Well With COPD Dr. L. Chau, HHS Respirologist S. Bates, Physiotherapist, HHS Pulmonary Rehab	Oakville-Trafalgar Memorial Hospital 327 Reynolds Street, Oakville

TO RESERVE A SEAT please call: 905-338-4379
or 905-873-0111 ext.4379 or email: elittle@haltonhealthcare.on.ca

To receive future calendars by e-mail or mail, please contact:
Evelyn Little at 905-845-2571, ext. 6147 or elittle@haltonhealthcare.on.ca