

Living Healthy

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

FREE SEMINARS
www.haltonhealthcare.com

FALL 2010

Tuesday,
September 21

**Prostate Cancer Prevention
and What To Do If You Have It**
Dr. Richard Casey, HHS Urologist

Oakville-Trafalgar
Memorial Hospital
327 Reynolds Street
Oakville

Thursday,
October 7

Is it Osteoarthritis or Rheumatoid Arthritis?
Dr. Elaine Soucy, Rheumatologist
Lorna Catrambone, Arthritis Society Manager

Halton Hills Cultural
Centre
9 Church Street
Georgetown

Wednesday,
October 20

**Breast Cancer, Lymphedema and
Benefits of Exercise**
Jodi Steele, Physiotherapist

Oakville-Trafalgar
Memorial Hospital
327 Reynolds Street
Oakville

Wednesday,
October 27

Probiotics: Good bugs revealed
Dragana Skokovic-Sunjic, Pharmacist

Milton District Hospital
7030 Derry Road
Milton

Wednesday,
November 3

**High Blood Pressure and Your Kidneys:
Should you be worried?**
Dr. Daniel Sapir, HHS Nephrologist

Milton District Hospital
7030 Derry Road
Milton

Wednesday,
November 10

**Attention, Focus, and the
Quality of Your Life**
Dr. David Posen, Stress Specialist

Le Dome Banquet Hall
1173 North Service Rd E
Oakville

Maximize Your Health:

Join us for 2.5 hours/week over 6 weeks, to learn how to better manage the symptoms and obstacles associated with chronic conditions.

For more information please call **905-845-2571 ext. 5900**, or email maximizeyourhealth@haltonhealthcare.on.ca

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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Events

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Living Healthy Seminars

This popular program has been providing health related information to the communities of Oakville, Georgetown and Milton since 1995! Each seminar is FREE to attend and provides audience members with a chance to hear directly from expert speakers in a variety of topic areas. Physicians, nurses, physio/occupational therapists, dietitians, social workers and a wide range of other professionals offer their time to bring up-to date information to you. Reduced rate parking is available.

Please see our [Living Healthy Calendar](#) for current events. Our Fall Calendar will be coming out in September 2010 - keep an eye out for it!

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