



Northumberland
Family Health Team



NEWS RELEASE – FOR IMMEDIATE RELEASE

Exploring the Topic of Integrative Medicine at the Next PACE Talk

NORTHUMBERLAND COUNTY, Wednesday, January 29, 2020—The February PACE conversation will take place at Northumberland Hills Hospital (NHH), 1000 DePalma Drive, Cobourg, on **Wednesday, February 19 at 5:30 PM** with a panel of guests exploring the topic of *Integrative Medicine*.

This panel discussion will include Naturopaths, Dr. Sarah Vosburgh and Dr. Barbara Weiss; Chiropractor, Dr. Alban Merepeza; and Ayurvedic practitioner and Allopathic Cardiologist, Dr. Vineeta Ahooja.

This group of experts from a variety of disciplines will come together to discuss the topic and benefits of Integrative Medicine, which incorporates a mind-body-spirit connection to examine the patient as a whole and offers the integrated use of conventional and complementary practices and therapies for healing.

The session will be moderated by Dr. Mukesh Bhargava, Chief of Staff at NHH. It will be structured to first provide a brief introduction to each panelist and an overview of their field of practice, before delving into key questions designed to stimulate conversation and explore the ways in which various forms of Integrative Medicine complement each other. This panel

discussion will share advice for wellness, highlight key tools and techniques utilized for diagnosis, explain treatments and conditions addressed within each field of practice, and look towards the future of Integrative Medicine.

The Northumberland PACE talks are free, monthly public education sessions on a broad range of health and wellness topics, and consistently draw large groups of community members with a range of questions and perspectives.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary. PACE talks start at 5:30 PM on the third Wednesday of each month, and rotate between Cobourg (at NHH, 1000 DePalma Drive) and Port Hope (at the Community Health Centres of Northumberland, 99 Toronto Road).

Bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion.

Pre-registration is required to manage room capacity. Register for the *Integrative Medicine* session today at www.pacetalks.com, where you'll also find a listing of the upcoming speaker and topic line-up along with video highlights from last season's talks as well as video and audio recordings from PACE talks delivered earlier this season.

Next up for PACE? *The Science of Habits* with Dr. Mukesh Bhargava, on March 18, 2020 at Community Health Centres of Northumberland. Registration for the March PACE talk will open the week of February 17th.

Contact: Jennifer Gillard, jgillard@nhh.ca or 905-377-7757.

About Northumberland PACE – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the PACE planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution and, most recently, the NHH Foundation. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information, please visit www.pacetalks.com.

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