



NEWS RELEASE – FOR IMMEDIATE RELEASE

Registration now open for the next virtual conversation in the Northumberland PACE Speakers Series, 'The Health Benefits of Spending Time in Nature' on Thursday, April 24 at 5:30 PM

NORTHUMBERLAND COUNTY, Wednesday, April 9, 2025—The Northumberland PACE Speakers Series team is pleased to announce that registration is now open for the next virtual conversation, **'The Health Benefits of Spending Time in Nature'** on **Thursday, April 24 at 5:30 PM** featuring guest speakers, Dr. Anuja Sharma and Leslie Abram.

An Internal Medicine specialist with IMCare, Dr. Sharma has been practicing medicine since 1996. Her interests include diseases of the skin, thyroid disorders, osteoporosis, arthritis, health and wellness.

Leslie is a local naturalist, birder, and volunteer Member of the Board of the Northumberland Land Trust where she coordinates free nature walks. A retired elementary school teacher by profession, Leslie is also a certified yoga instructor who

has blended a love of the natural world with her personal interest and affinity for its many benefits on mental and physical health.

Dr. Sharma and Leslie will speak to the various ways people engage with nature (visual, auditory and physical) and how all impart value for the body and the spirit. Learn about spaces to explore in the community, gain tips on how to engage with nature mindfully, and bring your questions and observations to this timely talk as we navigate a challenging world, together, with the natural world as a touchstone and guide.

Their talk will also answer important questions like, **“What are some different ways I can experience the mental and physical health benefits of nature?”** **“What are some ideas to integrate time in nature into my life?”** **“Where are some natural spaces I can explore nearby?”** and **“What community groups and resources will allow me to learn more about nature in Northumberland County?”**

As is standard within the PACE Talk format, questions from the audience are welcomed. For the April 2025 talk, these questions may be pre-submitted by emailing mbhargava@imcare.ca prior to **April 24, 2025**, or time permitting, posed live during the event itself.

Since 2018, the Northumberland PACE partners have been hosting free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a variety of questions and perspectives.

Lasting an hour in length, each PACE talk consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker(s) and a short moderator summary.

Bring your questions, your suggestions, and your experience and join in what is expected to be another informative discussion on a topic chosen by previous PACE attendees!

Pre-registration is required, and space is limited to the first 300 registered attendees. This event is hosted through Zoom, and attendees are asked to login to the event 5 minutes prior to the start. Register for *“The Health Benefits of Spending Time in Nature”* today at www.pacetalks.com, where you'll also find recordings from many of the previous seasons' talks.

Contact: Amy Seymour, Communications Officer, Public Affairs, Northumberland Hills Hospital, aseymour@nhh.ca or 905-372-6811 ext. 4009.

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 typically hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Due to the physical distancing requirements of the COVID-19 pandemic, the event has moved to a virtual format, using Zoom. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare, the NHH Foundation, Community Care Northumberland, the Ontario Health Team

Northumberland (OHT-N) as well as local patients and caregivers are all represented on the PACE planning table. Talks are held monthly at 5:30 PM, typically on the third Thursday 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-served basis. Pre-registration is required. For information, please visit www.pacetalks.com.

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