



## NEWS RELEASE – FOR IMMEDIATE RELEASE

### Diving into the Science of Habits at the Next PACE Talk

**NORTHUMBERLAND COUNTY, Wednesday, March 4, 2020**—The March PACE conversation will take place at Community Health Centres of Northumberland (99 Toronto Road, in Port Hope) on **Wednesday, March 18<sup>th</sup> at 5:30 PM** with guest speaker Dr. Mukesh Bhargava exploring the *Science of Habits*.

Dr. Bhargava has been the Chief of Staff at Northumberland Hills Hospital (NHH) since July of 2017 and has been practicing medicine in the community and at NHH since 2011.

Through this PACE conversation, Dr. Bhargava will be exploring the habits that make up a person's lifestyle, and delving into why we form habits, what habits are, and how they are developed. Those looking for techniques to change, break, or introduce a new habit in their own lives will benefit from this informative talk.

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 *Science of Habits* session today at [www.pacetalks.com](http://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 and, now available, video and audio recordings from PACE talks delivered earlier this season.

Next up for PACE? *Medical Marketing - Tips for Consumers to Help Separate* with Dr. Rishi Handa, on April 15, 2020 at Northumberland Hills Hospital. Registration for the April PACE talk will open the week of March 16<sup>th</sup>.

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**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](http://www.pacetalks.com).

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