NORTHUMBERLAND HILLS
HOSPITAL

inspiring strength, dignity and compassion

NEWS RELEASE - FOR IMMEDIATE RELEASE

Looking for advice on how to navigate the health care system and secure the best care for yourself and your loved ones? Mark Thursday, June 21 on your calendar

NORTHUMBERLAND COUNTY, Thursday, June 14, 2007 – Francesca Grosso has been involved in health policy and health care communications for more than 12 years. She worked to establish the Health Council of Canada and is the co-author with Michael Decter of the recent book: Navigating Canada's Health Care: A User Guide to Getting the Care You Need.

On Thursday, June 21, Ms. Grosso will share her knowledge with residents of Northumberland County as the keynote speaker at the Northumberland Hills Hospital's Annual General Meeting. The event is open to the public.

Ms. Grosso is expertly equipped to explain how health care works in Canada and to share a practical guide to getting the best care within the existing system. She will offer concrete, up-to-date information and surprising facts as she shares best-practice health care for the three stages of life: the early years, including pregnancy; staying healthy and understanding benefits plans during the middle years; and the senior years, including chronic disease, palliative care and end-of-life supportive care.

She is a wealth of much-needed information about what the system does and does not provide, and outlines strategies for people to become better advocates for their own care.

Ms. Grosso lives in Toronto with her husband Steve Paikin and daughter Giulia.

Where: **Northumberland Hills Hospital Education Centre, 2nd floor**
                    1000 DePalma Drive, Cobourg

When: **Thursday, June 21, 2007, 7:00 PM**

What: **Annual General Meeting, Northumberland Hills Hospital**

For more information, and to reserve a seat, please contact Jennifer Gillard at 905-377-7757 or jgillard@nhh.ca

About Northumberland Hills Hospital - The Northumberland Hills Hospital (NHH) is located approximately 100 kilometres east of Toronto. The 137-bed hospital delivers a broad range of services, including medical/surgical care, complex/long term care, rehabilitation, palliative care, obstetrical care and intensive care. NHH also sponsors a Community Mental Health Centre and an Assertive Community Treatment Team. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland is comprised of the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand.   NHH employs over 500 people and is an active member of the Central East LHIN. For more information, please visit www.nhh.ca.

- 30 -