



# NORTHUMBERLAND HILLS HOSPITAL

*inspiring strength, dignity and compassion*

## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Five years strong and growing!  
NHH celebrating 5<sup>th</sup> anniversary with five days of free educational presentations**

**NORTHUMBERLAND COUNTY, Thursday, September 18, 2008** – NHH will mark its fifth anniversary this October, and to celebrate the occasion, staff, volunteers and community partners have joined forces to present five days of educational presentations emphasizing both the services available close to home, and the many things we can all do to stay healthy.

With something for all age groups, the five-day event will run from Monday, September 29 through Friday, October 3. For complete details, please see below.

***DAY 1 - Monday, September 29, 3:00 PM - Women's health [3:00 PM – 4:00 PM, NHH Education Centre, 2<sup>nd</sup> floor of the hospital, 1000 DePalma Drive, Cobourg]***

Women (and men) of all ages are invited to spend an hour with **NHH OB-GYN Dr. Michael Green** for a presentation and Q&A session on the specific services available for women at NHH today. Want to learn more about NHH's maternal care program? Wondering what a colposcopy is? A uro-dynamic assessment for bladder problems? Mark your calendar for Dr. Green's presentation on Monday, September 29 to learn about everything from the pros and cons of the HPV vaccine for teenage girls to hormone therapy in menopause. Bring your questions.

***DAY 2 - Tuesday, September 30 - Asthma prevention and management [3:00 PM – 4:00 PM, NHH Education Centre, 2<sup>nd</sup> floor of the hospital, 1000 DePalma Drive, Cobourg]***

Do you have asthma or know someone in your family who may suffer from the condition? Join **NHH's Respiratory Therapist Angela Gammage** on Tuesday, September 30 for a presentation offering an explanation of the condition and its causes, together with the latest thinking on how to manage the symptoms.

**DAY 3 - Wednesday, October 1 - Diet and diabetes [3:00 PM – 4:00 PM, NHH Education Centre, 2<sup>nd</sup> floor of the hospital, 1000 DePalma Drive, Cobourg]**

Join **Registered Dietitian Cynthia Payne** for a presentation and Q&A session detailing the latest research on the role a healthy diet plays in diabetes prevention and management.

**DAY 4 - Thursday, October 2 - Fifth anniversary "Celebration Showcase" [1:00 PM – 6:00 PM, south lawn, 1000 DePalma Drive]**

Come on out to the big tent that will appear on the hospital's south lawn on Thursday, October 2 for live demonstrations on everything from diabetes and body weight to sport safety, smoking cessation and the benefits of exercise. Live music, healthy cooking demonstrations (including free samples) and tours are also planned, as are booths presenting patient care services, a Teddy Bear Clinic, craft table for children and more. Tent activities will run from 1:00 to 6:00, with remarks from community leaders set to start at 4:00 and cake for all shortly after!

**DAY 5 - Friday, October 3 - Get fit! [3:00 PM – 4:00 PM, NHH Education Centre, 2<sup>nd</sup> floor of the hospital, 1000 DePalma Drive, Cobourg]**

Have your kids been urging you to buy a Nintendo Wii?? Maybe you should listen! Spend an hour with staff from **NHH's outpatient rehabilitation therapy team** for an interactive session on balance and walking. Come and test your balance on the Wii system, use some of NHH's balance equipment, and learn more about the benefits of regular physical activity and walking.

Please note: with the exception of the Celebration Showcase on Thursday, October 2, all events will take place in the NHH Education Centre from 3:00 PM to 4:00 PM. Drinks and snacks will be provided, free of charge. Normal parking fees (now \$5/day) will apply for those able to find parking in the NHH lot, with parking proceeds going directly to patient care. Due to the large volume of visitors expected at the Celebration Showcase on Thursday, October 2, a free shuttle service will be running that day from the Home Depot parking lot from 1:00 PM to 6:30 PM. Visitors to the Celebration Showcase are encouraged to park in the Home Depot lot, and shuttle over to the tent on the south lawn.

For more information, please contact Jennifer Gillard at 905-377-7757 or [jgillard@nhh.ca](mailto:jgillard@nhh.ca)

**About Northumberland Hills Hospital** – The Northumberland Hills Hospital (NHH) is located approximately 100 kilometres east of Toronto. The 137-bed acute care hospital delivers a broad range of services, including emergency and intensive care, medical/surgical care, complex/long-term care, rehabilitation, palliative care and obstetrical care. A variety of ambulatory care clinics are also offered at NHH. In addition to these, 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 comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs close to 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of the Central East LHIN. For more information, please visit [www.nhh.ca](http://www.nhh.ca).