



Northumberland

Family Health Team



NEWS RELEASE – FOR IMMEDIATE RELEASE

Self-Care for Wellness the Focus of This Month's Virtual PACE Talk

NORTHUMBERLAND COUNTY, April 13, 2021 — This month, the Northumberland PACE Talk series will continue for the 2021 season with a feature presentation exploring *Self-Care for Wellness* led by Dr. Anuja Sharma and Registered Social Worker Maureen Pollard. This virtual PACE Talk will take place through Zoom on **Wednesday, April 21 at 5:30 PM**.

An Internal Medicine specialist with IMCare, Dr. Sharma has been practicing medicine since 1996, with interests on diseases of the skin, thyroid disorders, osteoporosis, and arthritis. Pollard is a Registered Social Worker who has worked in the field of social work for more than 30 years with expertise in addressing trauma, burnout, and resilience.

During this timely presentation, both Pollard and Dr. Sharma will highlight the benefits to self-care, address barriers some may face, and provide tangible examples of how one can get started with self-care and overall wellness by looking at lifestyle improvements within our control.

Beginning in 2018, The Northumberland PACE talks have been hosted as free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a range of questions and perspectives. Like many other events, The Northumberland PACE Talk series adapted to a new, virtual format as a result of the COVID-19 pandemic. Future topics planned for 2021 include:

- Maintaining our mental health in a global pandemic

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(s) and a 10-minute moderator summary. Virtual PACE Talks will follow this same format.

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

Pre-registration is required and space is limited to the first 300 registered attendees. As this event is being hosted through Zoom, attendees will need a Zoom account, internet access, and should plan to login to the event 5 minutes prior to the start. Register for *Self-Care for Wellness* today at www.pacetalks.com, where you'll also find video and highlights from many of the previous seasons' talks. For those unable to attend, efforts will be made to share a recording of this conversation following the event, technology permitting.

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 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, as well as local patients and caregivers are all represented on the PACE planning table. Talks are held monthly at 5:30 PM, 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. Pre-registration is required. For information, please visit www.pacetalks.com.

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