



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Join the Northumberland PACE Speakers Series for their virtual conversation, 'Breathe Better, Live Better—Discover the Power of Your Breath to Enhance Focus, Sleep, and Mood—Naturally' on Wednesday, July 23 at 5:30 PM**

**NORTHUMBERLAND COUNTY, Tuesday, July 15, 2025**—The Northumberland PACE Speakers Series team is pleased to announce that registration is now open for their next virtual conversation, **'Breathe Better, Live Better—Discover the Power of Your Breath to Enhance Focus, Sleep, and Mood—Naturally'** on **Wednesday, July 23 at 5:30 PM** featuring guest speakers, Dr. Anuja Sharma and Randi Stone. [Susan Walsh](#), President and CEO of Northumberland Hills Hospital will serve as the guest moderator. This session also marks a temporary shift in the traditional cadence of monthly PACE Talks, which are often held on the third Thursday of the month.

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.

Randi Stone is an Applied Neurology-informed Buteyko Certified Breathwork Facilitator and Registered Massage Therapist with over a decade of experience supporting musculoskeletal and nervous system health. She specializes in helping the population regulate stress, restore energy, and reconnect with their bodies. Randi blends functional breathwork with lived experience to offer practical tools for calm, clarity, and long-term resilience.

During their talk, Dr. Anuja Sharma and breathwork expert Randi will be leading an engaging, evidence-based discussion on how simple breathing techniques can improve your mental clarity and calm, support restful sleep, and lift your mood without medication or gadgets. Participants will also have an opportunity to learn practical strategies to become more aware of their breath and how to use it as a daily tool for better health and well-being.

As is standard within the PACE Talk format, questions from the audience are welcomed. For the July 2025 talk, these questions may be pre-submitted by emailing [mbhargava@imcare.ca](mailto:mbhargava@imcare.ca) prior to **July 23, 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 *'Breathe Better, Live Better—Discover the Power of Your Breath to Enhance Focus, Sleep, and Mood—Naturally'* today at [www.pacetalks.com](http://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](mailto: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](http://www.pacetalks.com).

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