



NEWS RELEASE – FOR IMMEDIATE RELEASE

Exploring the Impact of the Pandemic on the Body and Mind with a Virtual PACE Talk

NORTHUMBERLAND COUNTY, Monday, May 25, 2020 — A special edition of the Northumberland PACE speakers' series will be offered next month with a virtual event exploring *The Impact of the Pandemic on the Body and Mind*. The first virtual PACE conversation will take place through Zoom on **Wednesday, June 17 at 5:30 PM** with guest speakers Dr. Mukesh Bhargava and Dr. Jackie Gardner-Nix.

Dr. Gardner-Nix is a renowned mindfulness expert and the founder and owner of the NeuroNova Centre for Mindful Solutions (NNC) in Toronto. She will be joining Dr. Bhargava, who 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.

Together, Dr. Bhargava and Dr. Gardner-Nix will look at the ways the COVID-19 pandemic is impacting the bodies and minds of so many around the world. This special event will start a conversation about how COVID-19 has changed and impacted the mindsets of so many and will delve into the science and facts behind the virus and the pandemic it has caused.

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 the hosts of many other gatherings, the Northumberland PACE partners were forced to cancel the latter part of the 2019/20 season, postponing three previously scheduled in-person talks planned for April, May, and June as a result of COVID-19. The ongoing pandemic continues to preoccupy our community, making it a perfect topic for a 'special edition' PACE talk, while also testing a new virtual platform for the conversations that well may prove useful when the 2020/21 season resumes this fall.

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. The special virtual edition on June 17 will follow this same format, on the Zoom platform.

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 (sign up is free), internet access, and should plan to login to the event 5 minutes prior to the start. Register for the *The Impact of the Pandemic on the Body and Mind* session today at www.pacetalks.com, where you'll also find video highlights from last season's talks and, now available, video and audio recordings from PACE talks delivered earlier this season. Efforts will be made to post a recording of the June 17th conversation on the www.pacetalks.com website following the event, technology permitting, for those unable to participate live.

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 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.

– END –