



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Northumberland PACE Speakers Series returns with  
*‘Healing from the inside out: Exploring the significance of spiritual wellness in relation to physical and psychological well-being’***

**NORTHUMBERLAND COUNTY, Thursday, October 5, 2023** —The Northumberland PACE Speakers Series is returning on **Thursday, October 26<sup>th</sup> at 5:30 PM** with a virtual discussion led by Sabine Fischer, Registered Psychotherapist and Team Lead for NHH’s Spiritual Care Volunteers on the topic, **‘Healing from the inside out: Exploring the significance of spiritual wellness in relation to physical and psychological well-being.’**

Trained as a Registered Psychotherapist with a Master of Arts in Spiritual Care and Psychotherapy, Sabine will explore important questions about how spiritual care fits into the broader healthcare system, including “What is spiritual care and how do we listen for it?”, “Where is spiritual care used?”, “How and where is spiritual care beneficial?”, “What

is the need for spiritual care and are there inner or outer resources?”, “What is the role of spiritual care in holistic healing?” and “Where is spiritual care currently used in our community?”

“I am looking forward to examining how spiritual care not only fits in a clinical setting, but also within our own communities,” said Sabine Fischer. “During this talk, we will further explore the beneficial link between spiritual care on an individual’s physical and psychological well-being, while highlighting available resources at NHH and across Northumberland County.”

As is standard within the PACE Talk format, questions from the audience will also be addressed. These questions may be pre-submitted by emailing [mbhargava@imcare.ca](mailto:mbhargava@imcare.ca) prior to **October 26, 2023**, 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 *‘Healing from the inside out: Exploring the significance of spiritual wellness in relation to physical and psychological well-being’* today at [www.pacetalks.com](http://www.pacetalks.com), where you’ll also find recordings from many of the previous seasons’ talks prepared by student partners from Loyalist College.

**Contact:** Amy Seymour, Communications Officer, Public Affairs, [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, the Ontario Health Team Northumberland (OHT-N) as well as local patients and caregivers are all represented on the 2022-23 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. 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 reserved basis. Pre-registration is required. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

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