



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**PACE Speaker Series returns with ‘*The Overall Effects of Posture on Health*’ on Thursday, October 24 at 5:30 PM**

**NORTHUMBERLAND COUNTY, Thursday, October 10, 2024**—The Northumberland PACE Speakers Series returns with a virtual conversation, ‘**The Overall Effects of Posture on Health**’ on **Thursday, October 24 at 5:30 PM** featuring guest speaker, Dr. Alban Merepeza, B.A., (Hons)., DC MSc.

Dr. Merepeza is a graduate of the Canadian Memorial Chiropractic College (CMCC). Prior to receiving his Doctor of Chiropractic degree, Dr. Merepeza obtained an Honours Bachelor of Science in Psychology from Trent University, and a Master of Science degree from McMaster University’s Rehabilitation Sciences Program. A dedicated lifelong learner, he is currently completing the Sports Sciences Residency Program with the Canadian Royal College of Chiropractic Sport Sciences.

In addition to his work as a licensed chiropractor with Port Hope Sports and Rehabilitation Centre, Dr. Merepeza has attended four Olympic Games as well as the Mediterranean Games and World Championships for wrestling, weightlifting, track and field, swimming, and skiing as a team chiropractor.

Chiropractors are regulated health care professionals who provide treatment for the spine by using their hands to examine and care for health conditions pertaining to bones, muscles and joints and other musculoskeletal-related problems.

During his virtual discussion, Dr. Merepeza will explore the upper and lower body, including various health conditions related anatomically to these areas, such as Upper Crossed Syndrome (UCS) and Lower Crossed Syndrome (LCS) and their effect on our overall health.

As is standard within the PACE Talk format, questions from the audience are welcomed. These questions may be pre-submitted by emailing [mbhargava@imcare.ca](mailto:mbhargava@imcare.ca) prior to **October 24, 2024**, 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 *"The Overall Effects of Posture on Health"* 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, 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 reserved basis. Pre-registration is required. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

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