



# NORTHUMBERLAND HILLS HOSPITAL



**NORTHUMBERLAND HILLS  
HOSPITAL FOUNDATION**  
Better Care for Our Community



**COMMUNITY HEALTH CENTRES  
OF NORTHUMBERLAND**

*Northumberland*

**Family Health Team**



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Explore the mind-body connection with Dr. Jackie Gardner-Nix  
at the next Northumberland PACE community conversation:  
“The Science of Mindfulness”**

**NORTHUMBERLAND COUNTY, Tuesday, April 16<sup>th</sup>, 2019**—There are still a few seats available for the next (FREE) Northumberland PACE conversation and it’s one you will not want to miss! Taking place at the Community Health Centres of Northumberland (99 Toronto Road, Port Hope), on **Wednesday, April 17<sup>th</sup>**, guest speaker **Dr. Jackie Gardner-Nix** will speak at 5:30 PM, with an interactive question and answer period to follow.

A renowned mindfulness expert, Dr. Gardner-Nix is the founder and owner of the [NeuroNova Centre for Mindful Solutions](#) (NNC)—an organization that, in collaboration with University of Toronto’s School of Continuing Studies, trains facilitators to instruct patients and clients on mindfulness techniques proven to be helpful in the management of chronic pain.

A resident of Northumberland, Dr. Gardner-Nix has been offering this training to health professionals, patients and their caregivers in a range of local settings, the most recent being a session hosted earlier this month at Northumberland Hills Hospital.

Defining mindfulness as: “Moment-to-moment *non-judgmental* awareness, being fully present with what is happening right now,” Dr. Gardner-Nix’s PACE talk will highlight “the science behind

mindfulness,' with information on its scientifically established effects on the brain, the body, function, quality of life and economics.

Lasting approximately one hour in length, PACE events consist of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary.

Bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion. If you have a smart phone, we invite you to bring it, to participate in real-time event feedback. No smart phone? Not a problem. Audience feedback will also be gathered without the help of technology.

Reminder – this and all PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for Dr. Jackie Gardner-Nix's talk today at [www.pacetalks.com](http://www.pacetalks.com), where you will also find a listing of the upcoming speaker and topic line-up along with highlights from recent talks.

Next up for PACE? *Caring For Your Skin*, with **Dr. Anuja Sharma**. Dr. Sharma's conversation—the last in the current Northumberland PACE series—is scheduled for **May 22<sup>nd</sup>, 2019**, in the Education Centre of Northumberland Hills Hospital, 1000 DePalma Drive, Cobourg. Registration will open in late April, at [www.pacetalks.com](http://www.pacetalks.com)

**Media contact:** Jennifer Gillard, [jgillard@nhh.ca](mailto: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 2018/19 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](http://www.pacetalks.com).

– END –