



NORTHUMBERLAND HILLS HOSPITAL



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



**COMMUNITY HEALTH CENTRES
OF NORTHUMBERLAND**

Northumberland

Family Health Team

IMCare
Internal Medicine Specialists



LOYALIST
COLLEGE OF APPLIED ARTS
AND TECHNOLOGY

NEWS RELEASE – FOR IMMEDIATE RELEASE

Join Dr. Mukesh Bhargava on Wednesday, January 16th for the next Northumberland PACE community conversation exploring “The Science of Happiness”

NORTHUMBERLAND COUNTY, Wednesday, January 9th, 2019—This month’s PACE conversation will take place at Northumberland Hills Hospital, 1000 DePalma Drive, Cobourg, on **Wednesday, January 16th at 5:30 PM** with guest speaker (and PACE series founder) **Dr. Mukesh Bhargava** leading the discussion.

Dr. Bhargava has been practising medicine in the community and at NHH since 2011. He assumed the role of Chief of Staff in July, 2017.

A general internist specialized in cardiology, cholesterol disorders and stroke prevention, he operates an internal medicine practice, IM Care, with his wife and business partner, Dr. Anuja Sharma. In addition to his responsibilities as Chief of Staff, Dr. Bhargava provides care to NHH patients in the Emergency, Intensive Care and Medical/Surgical Units. Previously Chief of Medicine (from 2015 to 2017), he has also held a variety of other administrative positions at NHH, including terms as President of the Medical Staff and Chair of the Pharmacy and Therapeutics Committee.

Dr. Bhargava earned his medical degree in India in 1990, completed his residency in the United States (New York State) and practiced for 17 years in Maine.

Exploring a topic he has been studying formally and informally in recent years, Dr. Bhargava will speak to the following points:

- ✓ What happiness really means and why it matters to each of us
- ✓ How to increase our own happiness and foster happiness in others
- ✓ Why social connections, kindness, and community are key to happiness
- ✓ Which mental habits are most conducive to happiness and how mindfulness can help

Inspired by a free 8-week course available from University of California, Berkley ([see details here](#)), Dr. Bhargava's talk will bring to Northumberland PACE a fascinating conversation starter on the complex and compelling topic of happiness and its relationship to our successful pursuit of a meaningful life.

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. PACE talks start at 5:30 PM on the third Wednesday of each month, and rotate between Cobourg (at NHH, 1000 DePalma Drive) and Port Hope (at the Community Health Centres of Northumberland, 99 Toronto Road).

Bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion.

Reminder – this and all PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for Dr. Bhargava's January 2019 session today at www.pacetalks.com, where you'll also find a listing of the upcoming speaker and topic line-up along with video highlights from recent talks.

Next up for PACE? *Ancient Wisdom with Today's Food*, with Dr. Deepa Bhargava, on February 20th, 2019, at the Community Health Centres of Northumberland in Port Hope. Registration for the February PACE talk will open the week of January 14th.

Media 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 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, *NEW*, 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-served basis. Preregistration is required, to manage room occupancy limits. For information on upcoming sessions, please visit www.pacetalks.com.

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