



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



NEWS RELEASE – FOR IMMEDIATE RELEASE

Exploring the Benefits of Farm-to-Table Eating

NORTHUMBERLAND COUNTY, Wednesday, October 30, 2019 — November's PACE conversation will take place at Community Health Centres of Northumberland (99 Toronto Road, in Port Hope) on **Wednesday, November 20th at 5:30 PM** with guest speaker Paul Burnham exploring the topic of *Farm-to-Table Eating*.

If you've driven the stretch of Highway 2 between Port Hope and Cobourg, you've probably noticed the Burnham Family Farm Market standing proudly on the north side – bustling from May until late December each year. With a focus on locally grown and produced food, the Market is filled with seasonal fruits and vegetables from both the Burnham farm and other Ontario growers, fresh baked goods, and a broad range of unique local products ranging from ice cream and cheese to a selection of local honey and preserves.

Together with his wife, Anne, Paul purchased the land for the Market in 1994 and the two are now in their 25th year of producing fruits and vegetables. Today, they operate as a multigenerational farm, with three of their four children heavily involved in the business – Mark on the farming side and Kate and Amy with running the Market.

During this informative PACE conversation, Burnham will be drawing on his experience and knowledge to explore the benefits of buying and eating locally as it pertains to food quality,

personal physical and mental health, and global environmental sustainability. He'll address some common food myths, highlight nutritional elements, and share tips for attendees looking to incorporate more local farm-to-table foods in their lives.

The Northumberland PACE talks are free, monthly public education sessions on a broad range of health and wellness topics, and consistently draw large groups of community members with a range of questions and perspectives.

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.

Pre-registration is required to manage room capacity. Register for Paul Burnham's November 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 last season's talks and (NEW), video and audio recordings from our recent 2019/20 season talks on memory loss and music therapy, respectively.

Next up for PACE? *Don't Be a Vector! How to Prevent Spreading Infections - and Getting Them*, with Dr. Daniel Ricciuto, on December 18, 2019 at NHH. Registration for the December PACE talk will open the week of November 18th.

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.

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