NEWS RELEASE

FOR IMMEDIATE RELEASE:

Northumberland PACE Speakers Series presents
'Getting ready for cold and flu season' with Dr. Maxwell Tran

NORTHUMBERLAND COUNTY, Wednesday, November 18, 2026— The Northumberland PACE Speakers Series presents, "**Getting ready for cold and flu season**," with guest speaker Dr. Maxwell Tran, Associate Medical Officer of Health at Lakelands Public Health. The talk will be moderated by Suzanne Lawson, Chair, Experience Partner Council, OHT-N. The virtual conversation will take place on Zoom on **Thursday, November 26, 2026**, starting at **5:30 PM**. The session is free and open to the public. **Register** here.

During this PACE talk, Dr. Tran will discuss Lakelands Public Health data on respiratory virus activity, provide an update on flu, COVID-19, RSV, and pneumococcal vaccines, and provide other practical tips on how we can protect ourselves and our community during cold and flu season.

"PACE is excited to introduce Dr. Tran to our Speaker series audiences having newly joined the Lakeland team in September of this year. Dr. Tran's expertise draws from his experiences in family medicine, hospital care, and specialized public health training. His deep clinical understanding of both urban and remote communities is invaluable to improving patient care in our Region," said Dr. Mukesh Bhargava, Internal Medicine Specialist, Cardiovascular and Neurovascular Focus practice, IM Care.

Dr. Tran completed medical school and residencies in Family Medicine and Public Health and Preventive Medicine at the University of Toronto, as well as completing a master's degree in public health from Johns Hopkins University in Baltimore, Maryland, where he was a Sommer Scholar. At Lakelands, his portfolio includes infectious diseases, environmental health, and clinical services, including sexual health. He also continues to practice part-time as a family physician and hospitalist.

About Northumberland PACE Speakers Series

Launched in 2018, the Northumberland PACE (Personalized Assessment and Change Education) Speaker Series is a free, virtual series that explores a variety of health and wellness topics. The hour-long, virtual events are formatted as a 30-minute presentation followed by a 20-minute questions-and-answers period. Past and current speakers are community members representing local health providers, organizations and caregivers. The PACE Speaker Series is presented by partners Northumberland Hills Hospital (NHH), the NHH Foundation, internal medicine specialists IM Care, the Northumberland Family Health Team, The Community Health Centres of Northumberland, Community Care Northumberland, the Ontario Health Team Northumberland (OHT-N), as well as local patients and caregivers.

The PACE format welcomes questions from the audience that may be pre-submitted by emailing mbhargava@imcare.ca or time permitting, posed live during the event itself. The presentation will be recorded and made available on the PACE website. This event is hosted through Zoom, and attendees are asked to join five minutes prior to the start. For more information please visit: pacetalks.com.

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