

# NEWS RELEASE

**For immediate release:**

## **Northumberland PACE Speakers Series announces first talk of the 2026 season**

### **“Mood, Metabolism, Immunity: Meet the Microbes Behind It All” with Dr. Barbara Weiss, ND**

**NORTHUMBERLAND COUNTY, Wednesday, January 28, 2026** –The

Northumberland PACE Speakers Series kicks off its 2026 season with “*Mood, Metabolism, Immunity: Meet the Microbes Behind It All*” with guest speaker Dr. Barbara Weiss, Naturopathic Doctor, and with introductions by Dr. Mukesh Bhargava, Internal Medicine Specialist. The virtual conversation will take place on Zoom on **Thursday, February 26, 2026**, starting at **5:30 PM**. The session is free and open to the public. **Register [here](#)**.

During this PACE talk Dr. Weiss ND will bring her practical, evidence-informed approach to patient care and education to explore how the trillions of microbes that are living in, and on, our bodies play a powerful role in digestion, immunity, mood, and long-term health.

“The PACE partners are excited to start off our 2026 season with Dr. Weiss ND who will explain the correlation between our microbiome and our overall health. I want to express our thanks to her for leading this important conversation about the steps we can take to improve our overall gut health,” says Dr. Bhargava.

Dr. Weiss is a Naturopathic Doctor, speaker, and health educator with twenty years of clinical experience. Her clinical focus includes gastrointestinal health, hormonal health, and healthy aging. She also serves as Chair of the Community Health Centers of Northumberland and is a member of the Governance Advisory Council for the Ontario Health Team – Northumberland.

### **About Northumberland PACE Speakers Series**

Launched in 2018, Northumberland PACE (Personalized Assessment and Change Education) Speaker Series is a free, virtual series that explores a variety of health and wellness topics. The monthly, 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,

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organizations and caregivers. The PACE Speaker Series is presented by partners Northumberland Hills Hospital (NHH), the NHH Foundation, internal medicine specialists IMCare, the Northumberland Family Health Team, The Community Health Centers of Northumberland, Community Care Northumberland, the Ontario Health Team of 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](mailto:mbhargava@imcare.ca) or, time permitting, posed live during the event itself. The presentation will be recorded and made available on the NHH 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](http://pacetalks.com).

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