

# Living Healthy

Displays and refreshments start at 6:30 pm.  
Seminars start at 7:00 pm.

**FREE SEMINARS**  
[www.haltonhealthcare.com](http://www.haltonhealthcare.com)

WINTER/SPRING 2011

Wednesday,  
February 16

**Advances in Cardiac Care  
in our Community**  
Dr. Michael Heffernan, HHS Cardiologist

Southside  
Community Church  
7480 Derry Road  
Milton

Thursday,  
March 31

**Health Benefits of a  
Nordic Pole Walking Program**  
Klaus Schwanbeck, Ph.D

Oakville-Trafalgar  
Memorial Hospital  
327 Reynolds Street  
Oakville

Wednesday,  
April 6

**Prostate Cancer Prevention:  
What to do if you have it**  
Dr. Richard Casey, HHS Urologist

Southside  
Community Church  
7480 Derry Road  
Milton

Monday,  
April 11

**Our Family - Our Food  
Empowerment through the love of food**  
Sandra Saville, Registered Dietitian  
Julia Hanna, Julia's / Ritorno

Halton Regional Centre  
1151 Bronte Road  
Oakville

Tuesday,  
April 26

**Do I Still Need a Pap?**  
Dr. Santina Andrighetti, HHS Gynaecologist

Georgetown Hospital  
1 Princess Anne Drive  
Georgetown

Tuesday,  
May 10

**Depression and the Family**  
Dr. Karl O'Sullivan,  
HHS Psychiatrist

Oakville-Trafalgar  
Memorial Hospital  
327 Reynolds Street  
Oakville

Tuesday,  
May 24

**Hearing Health:  
Better hearing with today's technologies**  
Susan Thomsen & Dianne Desmond  
HHS Audiologists

Georgetown Hospital  
1 Princess Anne Drive  
Georgetown

**Free parking at all events**

To reserve a seat for seminars or receive future calendars contact:  
[healthpromotion@haltonhealthcare.on.ca](mailto:healthpromotion@haltonhealthcare.on.ca) or  
905-878-2383 ext. 4379



Halton Healthcare