

Mississauga Halton LHIN
HEALTH EXPO
Living Well

Wednesday March 29, 2017

1 pm to 5 pm

St. Volodymyr Cultural Centre-SVCC

Events Schedule

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| Registration and Visit the Exhibit | 1:00 pm |
| Opening Remarks Liane Fernandes, Chief Strategy Officer, Senior Director, Mississauga Halton LHIN | 1:30 pm |
| Let Laughter Lighted the Load Judy Suke, Motivational Humourist, Author, President-Triangle Seminars | 1:45 pm |
| 10 Steps for living well with a chronic condition Sandy Rao, Registered Social Worker, SRT Dr. Amish Parikh, Chronic Disease Prevention and Management Lead, Mississauga Halton LHIN | 2:15 pm |
| Visit the Exhibits | 2:45 pm |
| Easy Chair Exercises with resistance bands Amanda Cato, Registered Kinesiologist, Lifemark Seniors Wellness | 3:15 pm |
| Tips on how to better manage your medications Michael Nashat, Pharmacist, Partnerships and Managed Care Lead Rx Infinity Incorporated | 3:45 pm |
| Spring Forward with Fruits & Vegetables Deeane Ayles-Poyntz, Registered Dietitian, Halton Diabetes Program Leann Wienstein, Registered Dietitian, Halton Diabetes Program | 4:15 pm |
| Raffle and Closing Remarks *Winners must be present to redeem raffle prize* | 4:45 pm |
| Event Close | 5:00 pm |