

COMMUNITY HEALTH EDUCATION PROGRAM VIDEOCONFERENCING SESSION

a Community Health and Social Services Network partnership
funded by Health Canada through the McGill Human Resources Training
and Development Project

Cardiovascular Wellness

with **Dr. Nancy Mayo**, physiotherapist with a master degree in rehabilitation science and a PhD. in epidemiology and biostatistics - professor in the Department of Medicine and Occupational Therapy at the School of Physical and Occupational Therapy - McGill University and a research scientist at the MUHC -

Guest Speakers: **Serge Breton**, Director, Marketing-Communications Heart and Stroke Foundation of Quebec and **Stephane Maigan** who will share his personal experience.

Moderated by **Jo Ann Jones** at the Montreal Children's Hospital



Come join us for a free ENGLISH information session (a 45-minute presentation, interspersed with your questions). Our expert presenter, Dr. Mayo will discuss the health risks, issues and options for lifestyle changes that affect cardiovascular wellness.

You will learn about:

- The Truth about Women and Heart Health - risk factors
- Prevention care

Title:	<i>Cardiovascular Wellness</i>
Presenter:	Dr. Nancy Mayo
Date:	February 15 th , 2012
Time:	10:00 am to noon
Place:	Baie-Comeau High School, 39 Marquette VCN Room 317, 3rd floor
<u>Please pre-register:</u>	Marilyn Durepos - Tel.: 418-296-1549 E-mail: nscanpi@quebecnorthshore.org

Today's technology helping to increase access to health topics in English!

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The North Shore Community Association
39 Marquette
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