



*Northumberland*  
**Family Health Team**



## NEWS RELEASE – FOR IMMEDIATE RELEASE

### **2018/19 season of health and wellness talks launches with expanded partnership**

***Inspired by popular TED Talks, Northumberland PACE series aims to share info and spark conversation on health topics top of mind with local audiences***

**NORTHUMBERLAND COUNTY, Wednesday, September 26, 2018**—Championed by Northumberland Hills Hospital Chief of Staff Mukesh Bhargava, a group of area health-care providers and patients have come together to offer PACE 2018/19.

An acronym for **P**ersonalized **A**ssessment and **C**hange **E**ducation, PACE was launched three years ago by Dr. Bhargava, when he realized that a growing number of patients in his [IMCare](#) internal medicine practice were approaching him for more information on integrative medicine (the integrated use of healing practices from both conventional, or ‘Western’ medicine, and other complementary healing practices) and health-related changes they could make to get or stay healthy. The questions were typically around topics not covered in treatment, such as inquiries about the benefits of yoga or mindfulness.

“My patients knew *what* they needed to do,” said Dr. Bhargava, “like lose weight, eat better or get more exercise, but they often didn’t know where to go to get the specific information they needed on *how* to move in the right direction, and the supports or local services available to assist.”

Websites and handouts only worked for some, he realized. Face-to-face conversations were much more effective change agents, and so the PACE speakers’ series was born.

Free, public education sessions on hot topics, the Northumberland PACE talks have been promoted by Bhargava to a growing circle of past attendees. Topic ideas were simply “crowdsourced” by patients and others who approached him for information on health and wellness subjects.

Many attendees, including Carlos Osorio, have been attending the PACE talks from the start.

“I saw [the PACE talks] grow from 8-10 participants to over 50 as word spread how beneficial they were,” says Osorio. “The topics expanded from basic heart care, nutrition, exercises, medical drugs to other areas such as meditation, mindfulness, pain management, yoga, traditional herbal and other medicines, aging, stress management and others. Input was requested from the participants and the program was organized around what the group wished to hear. Group participation was encouraged by all speakers and the talks were not all one sided but interactive.”

David and Lois Wyndham have attended 19 of the 21 sessions held to date. They too have found the talks beneficial.

“Dr. Bhargava regularly states that these sessions are essentially a ‘conversation’ and he strongly encourages attendee involvement,” said David Wyndham. “Our attendance at the ....education sessions has been of great value for us....My wife and I strongly recommend that any individual who desires a better understanding of health, wellness and ownership of their [personal] well-being ...should attend.”

In 2018, seeing the rising interest, Dr. Bhargava broadened his local planning for the series to include others with an interest in education and knowledge building around health and wellness.

Northumberland Hills Hospital (NHH), the Northumberland Family Health Team (NFHT), the Community Health Centres of Northumberland (CHCN) and Loyalist College have since joined Dr. Bhargava at an informal planning table to build and expand PACE, together with patient/caregiver representation from NHH’s Patient and Family Advisory Council (PFAC).

“Our team will continue to collect topic and speaker ideas from session attendees and the community at large,” said Dr. Bhargava, “and we will continue to observe the founding principles of PACE, namely:

- the speaker or speakers must speak for free (no honorarium);
- sponsorships will not be accepted (to avoid bias);
- there will be no solicitation at the events; and,
- our talks are offered as conversation starters, not individualized medical advice.”

In the past, one attendee has taken notes and these have been shared, verbatim, with attendees. Moving forward, with support from students and faculty in Loyalist College’s Interactive Media Development – Film and Television Production program, the team is also hoping to film the speakers, and make their remarks available online via live feed or podcast.

The 2018/19 PACE season kicked-off at NHH on Wednesday, September 19<sup>th</sup>, with an introduction of the new partners and a discussion, led by Dr. Bhargava, on the topic of *Integrative Wellness and the Use of Technology (Apps, Phones, Monitors) for Better Health*. Next up, Wednesday, on October 17<sup>th</sup>, is an interactive talk by Registered Dietitian Adam Hudson, titled *What to Consider When Preparing Food for Those Dealing With An Illness*. The October talk will take place in Port Hope, at the Community Health Centres of Northumberland, 99 Toronto Road.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period and a 10-minute moderator summary. PACE talks occur the third Wednesday of each month, from September through June. For a listing of the current 2018/19 speaker and topic line-up, please see below or visit the PACE website at [www.pacetalks.com](http://www.pacetalks.com). Registration for the October 2018 session is now open at [www.pacetalks.com](http://www.pacetalks.com).

Date	Topic	Speaker	Location
September 19, 2018	<b>Integrative Wellness and the Use of Technology (Apps, Phones, Monitors) for Better Health</b>	Dr. Mukesh Bhargava	NHH
October 17, 2018	<b>What to Consider When Preparing Food for Those Dealing With An Illness</b>	Adam Hudson, Registered Dietitian	CHCN
November 21, 2018	<b>Chronic Pain and the Symptom Cycle</b>	Dr. Francesco Mule	NHH
December 19, 2018	<b>How to Prepare for your Trip to the Emergency Department</b>	Dr. Peter Barnett	CHCN
January 16, 2019	<b>Science of Happiness</b>	Dr. Mukesh Bhargava	NHH
February 20, 2019	<b>Ancient Wisdom with Today's Food</b>	Dr. Deepa Bhargava	CHCN
March 20, 2019	<b>TBD</b>	TBD	NHH
April 17, 2019	<b>Science of Mindfulness</b>	Dr. Jackie Gardner-Nix	CHCN
May 22, 2019	<b>Caring for your Skin</b>	Dr. Anuja Sharma	NHH

**Media contact:** Jennifer Gillard, [jgillard@nhh.ca](mailto:jgillard@nhh.ca) or 905-377-7757.

**About PACE** – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the 2018/19 planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information on upcoming sessions, please visit [www.pacetalks.com](http://www.pacetalks.com).

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