

**FREE
ADMISSION**



Heart Care

Cardiac Prevention, Research and Rehab



FREE PUBLIC EDUCATION FORUM

Co-Sponsored by The Wellness Education Committee of Faith United Church

Venue: Faith United Church, 1778 Nash Road, Courtice

Saturday, May 5, 2018 from 9:30 am to 2:00 pm

Heart Attack - Counter Attack

9:30 - 9:35 am	WELCOME Dr. Rakesh Bhargava & Dan Hanewich, Co-Chair, Faith Wellness Education Team
9:35 - 9:40 am	MODERATOR Fred Horvath, Director of Operations, Municipality of Clarington
9:40 - 10:00 am	A VALVE REPLACEMENT: MY STORY Fred Horvath, Clarington & Dr. Rakesh Bhargava, Cardiologist and Program Chair, Oshawa
10:00 - 10:10 am	Question and Answer
10:10 - 10:30 am	SHARED DECISION MAKING & WHY IT'S IMPORTANT Dr. Mukesh Bhargava, Internist & Chief of Staff, Northumberland Hills Hospital, Cobourg
10:30 - 10:40 am	Question and Answer
10:40 - 11:00 am	THE EYE: A WINDOW TO THE HEART Dr. Natalia Baziuk, Retinal Surgeon, Lakeridge Health, Oshawa
11:00 - 11:10 am	Question and Answer
11:10 - 11:30 am	REVERSE HEART DISEASE & BECOME "HEART ATTACK PROOF" Dr. Phil Narini, Chief of Plastic Surgery, Lakeridge Health, Oshawa
11:30 - 11:40 am	Question and Answer
11:40 - 12:15 pm	NUTRITION BREAK Refreshments provided by the volunteers of Faith United Church
12:15 - 12:35 pm	<u>AWARD PRESENTATION FOR DURHAM REGION'S MOST OUTSTANDING CARDIAC, CRITICAL CARE & EMERGENCY NURSES AND PARAMEDIC OF 2018</u> Awards Presented by Dr. A. Stone, Lakeridge Chief of Staff & Mr. Matt Anderson, CEO, Lakeridge Health Corporation
12:35 - 12:40 pm	BLESSINGS Faith United Church
12:40 - 1:00 pm	HEALTHY MOUTH- HEALTHY HEART: THE LINK BETWEEN GUM & HEART DISEASE Dr. Sunjay Gandhi, Dentist, Meadowglen Dental Care, Whitby
1:00 - 1:10 pm	Question and Answer
1:10 - 1:30 pm	INTERMITTENT FASTING FOR HEART HEALTH Dr. Deepa Bhargava, ENT Surgeon
1:30 - 1:40 pm	Question and Answer
1:40 - 1:45 pm	CLOSING REMARKS

