

Mississauga Healthy

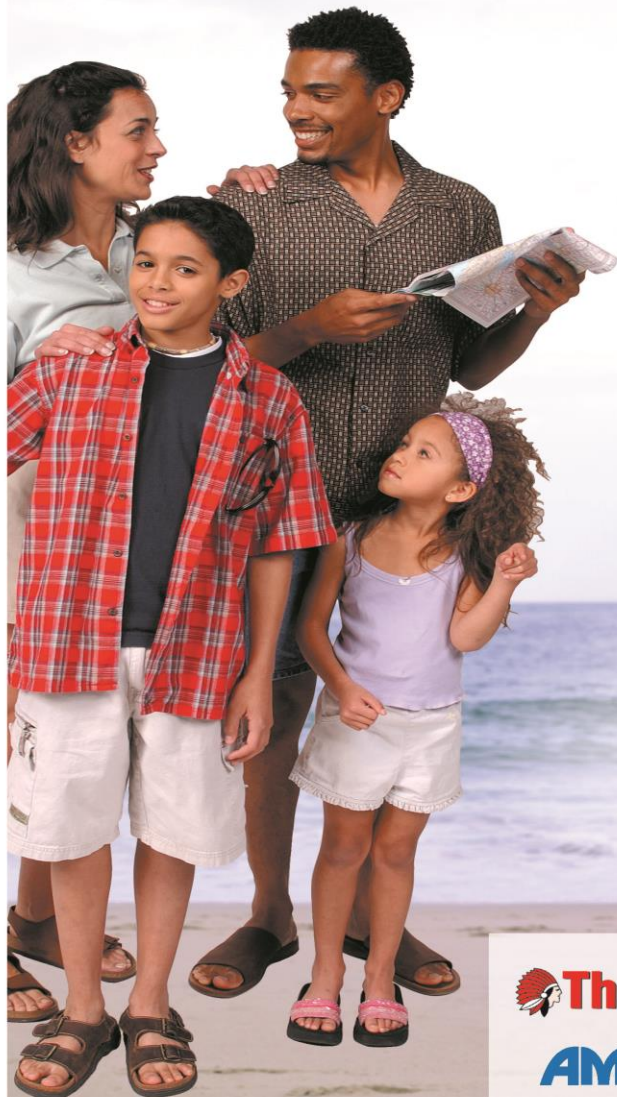


Living Expo

Healthy Body • Healthy Mind

強健的體魄 · 健康的心靈

Saturday, June 8 9:00 am - 5:30 pm



Yee Hong Centre, 5510 Mavis Road, Mississauga,

For Booth Information Contact:

CPB 905.828.6800

Mississauga News 905.273.8305

- **FREE** Seminars (English & Chinese)
& Exhibitions to promote health awareness
- **FREE** Admission • **FREE** Parking
- **FREE** Gifts



Yee Hong Centre
For Geriatric Care
頤康中心

Mississauga Board of
Chinese Professionals
& Businesses



密西沙加華人
專商業協會

Mississauga Healthy Living Expo 2013

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Date: Saturday, June 8, 2013

Time : 9:00 a.m. to 5:30 p.m.

Location: Mississauga Yee Hong Centre, 5510 Mavis Road



Program

(subject to change without notice 節目如有更改，恕不另行通知)

Time	Concurrent Seminar/Activities - English Peace Corner	Concurrent Seminar/Activities - Chinese ADP Room
9:00 am - 4:00 pm	Health and Wellness Exhibits - Auditorium 健康展覽攤位	
10:00 am - 11:00 am	Opening Ceremony - Peace Corner 開幕典禮 Dance performance by Kaleidoscope Chinese Performing Arts Society (KCPAS) 枫彩艺术团舞蹈表演	
11:15 am - 12:15 pm	Keynote Speaker: Mental Health and Depression - Dr. Kenneth Fung, Clinical Director, Toronto Western Hospital & Associate Professor, Dept. of Psychiatry, University of Toronto (<i>English</i>)	
12:15 pm - 12:25 pm	Dance Performance by Milton Chinese Arts Society (MCAS) 荷美艺术团舞蹈表演	
12:30 pm - 1:30 pm	Colorectal Cancer - Dr. Sandy Sedhev, Medical Oncologist, William Osler Healthcare System, Brampton Site	認識肝炎：成因、症狀及預防 Understanding Hepatitis: Types, Causes, Symptoms and Prevention - Dr. David Wong, Hepatologist (<i>英語讲解, 國語翻译 English presentation, Mandarin interpretation</i>)
1:30 pm - 1:40 pm	Yefeng Children Dance Troupe 叶芳少儿舞蹈表演	
1:45 pm - 2:45 pm	Prevention of Falls - Dr. Margaret Grant, Gerontologist, Credit Valley Hospital	加拿大心理健康協會服務簡介 Overview of Programs and Services of CMHA (Canadian Mental Health Association) - Jason Barr, Manager, CMHA Halton (<i>英語讲解, 國語翻译 English presentation, Mandarin interpretation</i>)
2:45 pm to 2:55 pm	Yoga Demonstration 瑜伽示範- YogaCity	
3:00 pm - 4:00 pm	Child and Youth Mental Health - Dan McGann, Social Worker & Individual, Family & Couples Therapist	高血壓之成因及發展，脾腎之重要及如何補救 - 任重遠氣功師傅 High Blood Pressure Relating to Kidney and Spleen : Cause & Cure By Using Acupressure - Master Yam (<i>粵語</i>)
4:00 pm - 4:10 pm	CPR Demonstration 心肺復甦法示範- St. John Ambulance (<i>English, Mandarin, Cantonese 國, 粵, 英語讲解</i>)	
4:15 pm - 5:15 pm	Mood Foods - Patricia Muzzi	傳統中醫藥與癌症面面觀 - 陳州宁中醫師 Traditional Chinese Medicine towards Cancer - Samuel Chan (<i>國, 粵語</i>)

中醫義診 - 徐穎中醫師 (國語), 阮佩英中醫師 (粵語) - 全日接受登記

FREE Traditional Chinese Medicine Consultation in Mandarin & Cantonese Languages - Registrations accepted throughout the day