

## **SPEAKERS 主講者簡介**

### **Brenda Callaghan**

Brenda is a hockey coach, t-ball coach, jogger and full time coordinator for Get Active Mississauga. She has worked with the City of Mississauga for 20 years in various positions including Aquatic Supervisor, Fitness Supervisor, and as a Community Program Supervisor. As chair of Healthy Living Peel, Brenda supports programs all across the Region of Peel that promote physical activity, healthy eating and living a smoke free lifestyle. All aspects of Brenda's life are impacted by her strong belief that daily physical activity is not only a requirement but a necessity similar to good, clothing and shelter.

### **Dr. Asha Gupta, MD, CCFP (Palliative Care)**

Staff Physician at the Credit Valley Hospital and Peel Regional Cancer Centre in Palliative Care. Graduated from McMaster University. In addition to clinical work, is actively involved in program development and providing leadership to other physicians in the community regarding palliative care.

### **Dr. Philip C. Ho 何仲揚 (過敏, 哮喘及免疫專科醫生)**

Dr. Ho has served in pediatric units in various hospitals, namely the Queen Mary Hospital, The Hospital for Sick Children and St. Joseph's Health Centre. His specialty is in allergy and immunology. He is the co-recipient of Bickell Foundation Grant on a research project entitled "Role of Phospholipase A in Allergic Disorders" in 1979. His expertise in allergic disorders has led him into the role of co-authors of many prominent medical publications.

### **Simon Ho, RRT**

Registered Respiratory Therapist (Practice Limited to Sleep Medicine), Founder of CPAP Direct Ltd.

Simon Ho completed his general training in respiratory therapy before entering the respiratory home care field. Since entering private practice he has focused his training, developing expertise in Sleep Medicine and Obstructive Sleep Apnea. Feeling that there was a need for a company that exclusively focuses on Obstructive Sleep Apnea, Simon Ho started CPAP Direct Ltd in Scarborough, Ontario. CPAP Direct has a mission to deliver high quality machines and products, direct to the patient's home, with superior follow up service, at a price often hundreds of dollars lower than the competition.

### **Dr. William H.B. Ho**

Bachelor of Science from U of T in 1995; Doctor of Dental Surgery from U of T in 1999; two years as general dentist in GTA; one year staff dentist at Sioux Lookout Zone Hospital serving Native Canadians among various native reserves in northern Ontario; Master of Science in Paediatric Dentistry from U of T in 2005; currently runs a paediatric dental practice in Kingston, Ontario.

### **Debbie Hollahan, RN, BHScN, CDE from Diabetes Care Centre, The Credit Valley Hospital**

Debbie graduated in nursing from Ryerson in Toronto and spent the first 14 years of her career in critical care, practicing primarily in Toronto, London, and Mississauga. She has been practicing diabetes care for the past 13 years in Mississauga and is a Certified Diabetes Nurse Educator. She was recently seconded to the Ministry of Health and Long Term Care, as Provincial Diabetes Program Coordinator for 9 months, where she provided consultation and direction to policy makers, as well as to diabetes programs throughout the province. She has returned to her position as the Coordinator of the Diabetes Care Centre of The Credit Valley Hospital which is a combined adult/pediatric program servicing over 10,000 people with diabetes. In her position, she has been instrumental in reorganizing programs to reduce waiting times, and to streamline diabetes care. She has helped develop clinical pathways and pre-printed orders to enhance inpatient diabetes care and she led her Centre to receive National Recognition with the CDA.

Among the many activities to her credit, she is a member of three national diabetes advisory boards. She is an active educator both in her position and in her community where she has given numerous invited lectures and provided consultation for various projects.

### **Sosan Hua, RD, CDE, Registered Dietitian, Certified Diabetes Educator**

Sosan Hua graduated from the University of Toronto and is currently working as a Registered Dietitian for various organizations specializing in diabetes, cardiovascular diseases and weight management. She has been actively involved with different ethno-cultural communities over 6 years, and often invited to speak at churches, profit and non profit organizations about healthy eating, heart diseases, cancer, diabetes, weight management, osteoporosis and much more. Sosan also worked as a part-time Instructor at Centennial College teaching 2 courses – Food Safety and Nutrition & Health. Currently, she serves as a chairperson for the Canadian Cancer Society - Chinese Information Forum Planning Committee and was a member of the Canadian Diabetes Association - Chinese Diabetes Symposium Planning Committee. In addition, Sosan has appeared on Global television, Rogers Television, OMNI television, Fairchild and Toronto Chinese radio, Ming Pao and Sing Tao Chinese newspapers as an expert in the field of nutrition.

### **Dr. Ling Huang**

Dr. Huang graduated in 1981 from University of Calgary Medical School, and completed Family Medicine Training in 1983 from University of Toronto. She has been practicing in Mississauga since 1984. She is the medical director of two nursing homes in Mississauga and Oakville.

### **Anthony Ierulli**

Anthony Ierulli is a graduate of the University of Toronto and has been in the health and wellness field for 20 years. He is currently the manager of Programs for the Mississauga YMCA and the Subject Matter Expert for the YMCA of Greater Toronto on Individual Conditioning.

### **Angela Kurtz-Melo, RN, CONC, CHPCNC**

Primary Nurse in Palliative Care Outpatient Clinic PRCC; 23 years experience as staff nurse on inpatient oncology/medical/palliative care units; oncology and palliative care outpatient clinics.

## **Hong Liu and Yee Chan**

Liu and Chan are community food advisers from Peel Health. Community Food Advisers are volunteers who have received classroom and community training by registered dietitians from the Region of Peel.

## **Dr. Kirk C. Lo 羅振倫醫生**

Dr. Lo is a graduate of McGill University Medical School, and completed his urology training at McGill in 2002. He then sub-specialized in Male Reproductive Medicine and Surgery at the Baylor College of Medicine Houston, Texas. He was awarded the prestigious American urologic Association Scholarship for his research on testicular stem cell biology, and gamete preservation in cancer patients. He was appointed to the Department of Surgery at Mount Sinai Hospital, University of Toronto as a staff urologist and Surgeon Investigator in 2004. In addition to patient care, he is involved in both basic science and clinical research. His laboratory has recently received a PSI grant to perform semen proteomic study for the diagnosis and treatment of urological diseases. Kirk is also active in many medical societies. He is currently serving on the Awards committee for the American Society of Andrology.

羅醫生畢業於麥基爾大學醫學院，並於2002年在麥基爾大學完成泌尿科專科訓練，其後在美國德撒斯州侯斯頓醫學院接受男性生殖內、外科的專科訓練，他曾因研究睪丸幹細胞的生物學和在癌症病人保存配偶子而榮獲美國泌尿科學會的獎學金，他於2004年被多倫多大學西乃山醫院外科學系委任為泌尿科主任醫生和研究員，除兼顧醫治病人外，他亦參與基本科學和臨床研究，他的研究所最近獲資助從事對精子在診斷和治療泌尿科疾病的研究。羅醫生在多個醫學會擔任要職，他現在是美國男科學學會獎勵委員會的成員。

## **Sabrina Merali from Peel Health**

Sabrina is a Public Health Nurse at the Region of Peel on the Cancer Prevention & Heart Health Team. She is a graduate from the University of Western Ontario, Faculty of Health Science and the University of Toronto Faculty of Nursing. Sabrina has also worked at The Toronto General Hospital in the Multi-Organ Transplant Unit. Currently, she provides education on cancer and heart health related topics to the community at large.

## **Bruce Schneider, Professor of Psychology**

Bruce Schneider is the Director of the Centre for Research on Biological Communication Systems at the University of Toronto Mississauga (UTM), and the head of a CIHR Strategic Training Program on "Communication and Social Interaction in Healthy Aging." He is the recipient of the University of Toronto Faculty Award, and UTM's Research Excellence Award.

## **Dr. King Fun Siu 蕭景勳醫生**

Graduated from the University of Hong Kong, Dr. Siu is a Family Doctor practicing in downtown Toronto.

## **Dr. William Sy**

Dr. William Sy is a graduate of the Psychiatry program at the University of Toronto. He is currently a Community Psychiatrist, affiliated with Scarborough Hospital and Mount Sinai Hospital.

## **Kenny Tam from Trillium Health Centre**

Kenny Tam is a registered nurse working with the Acute Pain Management Service as a Coordinator at Trillium Health Centre. Working in collaboration with anesthetists and pharmacists, Kenny visit patients who require special method of pain control to help manage their pain related to surgery or trauma.

## **Dr. Cheng Tao Wang**

Dr. Wang was born in Taiwan and immigrated to Canada at age 11. He attended University of Toronto and obtained a BASci and MASci in Engineering before being admitted to the medical school at University of Toronto. Since graduation from the Family Medicine in 1994, Dr. Wang has been working at the Family Practice Unit of St. Michael's Hospital. In addition to his family medicine practice, Dr. Wang is currently the associate medical director of Cardiac Rehabilitation Program at the Trillium Hospital and staff physician at the Cardiac Rehabilitation Program at St. Michael's Hospital.

## **Charles Wong      黃應駒先生**

Charles Wong (B.S.W.) is the Program Coordinator of Yee Hong Centre for Geriatric Care, supervising Active Seniors and Outreach Program. In 2006, Charles together with another colleague attended training in the Stanford University to qualify as Master Trainer of Chronic Disease Self-Management Program to roll out the program to the Chinese community in GTA.

黃應駒先生是頤康中心活力長者及外展服務主任，在二零零六年與另外一位同工被派往史丹福大學接受一項訓練，成為認可的組長及組長訓練員，負責在本地華人社區推行長期病患自我管理課程。

## **Master Yam - Qi Gong, Yuan Gong and Tai Chi Master**

**任重遠師傅 - 氣功、玄功和揚家太極師傅**

Master Yam has studied with many famous masters in China over the past 40 years on the various forms of Taoist medical, qi-gong techniques. He was an instructor at the Canadian College of Tradition Chinese Medicine. He has taught classes on the Chinese Meridian System, Meditation, Yuan-gong, and the Yang's Style Tai Chi in Mississauga and Etobicoke for the last twenty years. He has been dedicated and tireless in teaching the essence of Chinese healing arts to his students so they can heal try to themselves, prevent disease and stay healthy.

任重遠師傅曾跟隨多位中國名師學習和研究多種道教醫家動、靜氣功四十餘年。曾受聘於加拿大中醫學院為導師。他在密西沙加市和以圖壁谷市開班教授經絡、靜座氣功、玄功和揚家太極已有二十年。桃李滿天下，備受學生的愛戴和敬重。任師傅致力於宣揚各種道教醫療氣功的精萃，悉心教導學生，令他們達到除病強身的目的。