

Come & visit our many exhibitors!

Expert speakers presenting topics that relate to improving your health and well-being.

(Some seminars available in Mandarin and Cantonese)

HEALTHY LIVING EXPO 2009

SATURDAY MAY 30, 2009

**YEE HONG CENTRE 5510 MAVIS ROAD, MISSISSAUGA
(BETWEEN BRISTOL RD. & MATHESON BLVD.) 10 AM - 6 PM**



2009「健而樂」展覽會

5月30日，星期六，上午十時至下午六時

密西沙加頤康中心 5510 Mavis Road

(從Square One 乘搭61 North 巴士可到達)

免費入場，國粵語講座，攤位測試，幸運大抽獎，示範和活動



Starting Time 時間	Peace Corner Room Seminars 講座	ADP Room Seminars 講座	Activities in the Auditorium or Lobby 活動
10:00 AM	Opening Ceremony at the Auditorium 開幕典禮		
11:00 AM	Advances in the Treatment and Management of Post Menopausal Osteoporosis (English) By Dr. Angela Cheung, MD, PhD, FRCPC, Director of Osteoporosis Program, Associate Director of Women's Health Program, University Health Network, University of Toronto	Gender & Ethnic Differences in Risk Factors & Symptoms for Heart Diseases and Stroke (English) By Dr. Gilbert Wu, Cardiologist, Heart & Stroke Foundation of Ontario	Fitness Workshop by a YMCA Instructor 健身操 (青年會健身教練示範) Blood Sugar Screening 血糖審查
12:00 PM	Access to Health Care (English) Keynote Speaker: Dr. George Wu, Nephrology (Kidneys), The Credit Valley Hospital		Chinese Cultural Dance 中國民族舞 By Mississauga Jiahua Chinese Senior Association 加華老人聯誼會 Blood Sugar Screening 血糖審查
1:00 PM	癌病的食療 - 許楚珊女仕粵語講解 註冊營養師和糖尿病認可教育師 Nutrition & Cancer Therapy (Cantonese) By Sosan Hua, RD, CDE, Registered Dietitian and Certified Diabetes Educator	Ontario Cancer Symptom Management Collaborative (English) By Marie Hoy, Regional Improvement Coordinator of Ontario Cancer Symptom Management Collaborative, Mississauga Halton and Central West LHINs, The Carlo Fidani Peel Regional Cancer Centre, The Credit Valley Hospital and Chan- nie Mak, RN, MN, CHPCN(C), OCN, Advanced Practice Leader, S.R.T. Med-Staff	Yuan Ji Dance 元極舞 By Body & Mind Exercise Club 如意康福拳研究會 Blood Pressure Clinic 血壓測量
2:00 PM	為什麼你會生病 - 任重遠師傅粵語講解 Why You Are Sick? (Cantonese) By Master Chung Yuen Yam, Meridian, Accupoint, Chi Kung and Tai Chi Master	Best Doctors Service and Critical Illness Insurance Benefit (English) By Audrey Chiang, Sun Life Financial and Edward Rychlik from Best Doctors Canada Inc.	Blood Pressure Clinic 血壓測量
3:00 PM	Swine Flu, Bird Flu, Horse Flu - What to Do? (English) By Dr. Peter Kujtan, MD, PhD, Author of Medicine Matters	乳癌的最新治療方法 - 劉菲菲醫生國語講解 Breast Cancer and New Therapy (Mandarin) By Dr. Fei-fei Liu, MD, FRCPC, Professor, Radiation Oncology, University of Toronto	Tai Chi Demonstration 太極示範 Kung Fu Fan 功夫扇 By Kang Le Tai Ji Club 康樂太極俱樂部
4:00 PM	General Awareness on Colon Cancer (English) By Dr. Lancelot Tin, MD, FRCSC, FACS, General and Bariatric Surgery, The Credit Valley Hospital and Paul Greenberg from Colon Cancer Canada	老年性黃斑部病變 - 林偉青醫生粵語講解 Age-related Macular Degeneration (Cantonese) By Dr. Wai Ching Lam, MD, FRCSC, Ophthalmology, University of Toronto	Blood Sugar Screening 血糖審查
5:00 PM	Naturopathic Medicine & Healthy Aging (English) By Dr. Ian Koo, BSc. (Hons), N.D., Naturopathic Doctor & Clinic Director of Naturopathic Essentials Health Centre	白內障和青光眼 - 盧瑛醫生國語講解 Cataract and Glaucoma (Mandarin) By Dr. Ying Lu, MD, FRCSC, Ophthalmology	Blood Sugar Screening 血糖審查

A brief description of the seminars and bios of the speakers can be found on our website www.cpbexpo.com.

如欲索取有關講座及講師的資料，閣下可瀏覽我們的網站 www.cpbexpo.com

Seminars and schedule are subject to change without prior notice. 講座時間和日期如有更改恕不另行通知

For more information or to reserve your booth please call

The Mississauga News 905-273-8305 www.mississauga.com or CPB at 905-828-6800 www.cpbexpo.com

Co-Organizers:

Mississauga Board of Chinese Professionals & Businesses



密西沙加華人專商業協會



The News



Title Sponsor:



Pioneering science delivers vital medicines™

Speaker Sponsor:



Scarborough Financial Centre

Media Sponsors:



www.mingpaotor.com



Venue Sponsor:



Yee Hong Centre For Geriatric Care
頤康中心