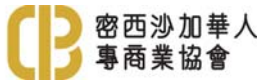




Mississauga Board of
Chinese Professionals
& Businesses



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News Release

Healthy Living Expo 2009 Raises the Bar on Health Awareness and Healthy Living

MISSISSAUGA, ONTARIO (May 20, 2009) – The Mississauga Board of Chinese Professionals & Businesses (CPB) and The Mississauga News, in association with The Credit Valley Hospital Foundation, are proud to present the 2009 Healthy Living Expo. This is an annual event that CPB has organized for 7 years and over 10,000 people have been attracted to this event in the past and gained valuable knowledge and information about improving their health and well being. This community event will take place on Saturday, May 30, 2009 at the Yee Hong Centre for Geriatric Care in Mississauga located at 5510 Mavis Road. The organizers have prepared a full day of informative yet interesting seminars and activities on healthy living and health awareness.

The featured topics and speakers for this year include:

- **Access to Health Care**
Keynote Speaker: Dr. George Wu, Nephrology (Kidneys), The Credit Valley Hospital
- **Advances in the Treatment and Management of Post Menopausal Osteoporosis**
Speaker: 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**
Speaker: Dr. Gilbert Wu, Cardiologist, Heart & Stroke Foundation of Ontario
- **General Awareness on Colon Cancer**
Speaker: Dr. Lancelot Tin, MD, FRCSC, FACS, General and Bariatric Surgery, The Credit Valley Hospital, together with a patient participant of Colon Cancer Canada
- **Best Doctors service and Critical Illness Insurance Benefit**
Speaker: Audrey Chiang, Sun Life Financial and Edward Rychlik, Best Doctors Canada Inc.
- **Naturopathic Medicine & Healthy Aging**
Speaker: Dr. Ian Koo, BSc. (Hons), N.D., Naturopathic Doctor & Clinic Director of Naturopathic Essentials Health Centre
- **Ontario Cancer Symptom Management Collaborative**
Speaker: Marie Hoy, Regional Improvement Coordinator of OCSMC, Mississauga Halton & Central West LHINs, The Peel Regional Cancer Centre, The Credit Valley Hospital
- **Swine Flu, Bird Flu, Horse Flu – What to do?**
Speaker: Dr. Peter Kujtan, MD, PhD, Author of Medicine Matters
- **Age-Related Macular Degeneration (Cantonese)**
Speaker: Dr. Wai Ching Lam, MD, FRCSC, Associate Professor, Residency Program Director and the Continuing Medical Education Director at the Department of Ophthalmology in the University of Toronto, Retina Fellowship Director for the University Health Network.
- **Nutrition and Cancer Therapy (Cantonese)**
Speaker: Sosan Hua, RD, CDE, Registered Dietitian and Certified Diabetes Educator
- **Why You are Sick (Cantonese)**
Speaker: Master Chung Yuen Yam, Meridian, Acupuncture, Chi Kung and Tai Chi Master
- **Breast Cancer and New Therapy (Mandarin)**
Speaker: Dr. Fei-fei Liu, MD, FRCPC, Professor in the Departments of Radiation Oncology, Medical Biophysics and Otolaryngology at the University of Toronto, Head of the Division of Applied Molecular Oncology at the Ontario Cancer Institute, University of Toronto/Princess Margaret Hospital Dr. Marianno Elia Endowed Chair in Head & Neck Cancer Research.
- **Cataract and Glaucoma (Mandarin)**

Speaker: Dr. Ying Lu, MD, PhD, FRCSC

Exciting activities that are scheduled include:

- Fitness session with an instructor from the YMCA
- Chinese cultural dance
- Yuan Ji Dance workshop
- Kung Fu Fan
- Tai Chi demonstration
- Wellness clinic free testing

"One of the ways that the Mississauga Board of Chinese Professionals & Businesses (CPB) would like to contribute to the community is by helping to raise awareness on important health issues and healthy living - the seminars and activities we have arranged for the 2009 Healthy Living Expo are designed to do just that." said Steven Cheng, Vice Chair – Professional Development of CPB and Co-Chair of the 2009 Healthy Living Expo. "After all, a healthy community is a happy community."

"Since 1999, CPB has organized free health awareness seminars and expos every year inviting prominent medical and health practitioners to be our guest speakers on topics that play an essential part of our healthy living," said Lily Van, Executive Vice Chair of CPB and Co-Chair of the 2009 Expo. "We are grateful for the support from Amgen Canada Inc., our Title Sponsor for this year's Expo. There will be over 30 exhibitors at the Expo, including government agencies, non-profit organizations and companies, showcasing information, products and services to enhance the healthy lifestyle of the community. There will also be free tests and free activities for every one attending to try out."

Participants who attend at least 2 seminars and visit 10 booths will be eligible to enter a lucky draw to win many great prizes, including a portable DVD player. Every attendee will also receive a recyclable tote bag with gifts from Amgen Canada Inc. Admission and parking are FREE.

Details of the **Healthy Living Expo 2009** are as follows:

Date & Time: Saturday, May 30, 2009, 10:00 am – 6:00 pm

Location: Yee Hong Centre for Geriatric Care in Mississauga
5510 Mavis Road (between Bristol Rd. & Matheson Blvd.)
Mississauga Transit from Square One: Take Bus Route 61 North

Opening Ceremony: 10:00 am at the Auditorium, Yee Hong Centre Mississauga

For more information, please contact:

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