



*Northumberland*

**Family Health Team**



## **NEWS RELEASE – FOR IMMEDIATE RELEASE**

### **Shifting Our Focus Back to Prevention and Wellness During March Virtual PACE Talk**

**NORTHUMBERLAND COUNTY, March 7, 2022** — This March, the Northumberland PACE Talk series will continue for the 2021-22 season with a discussion exploring *How to Shift Our Focus Back to Prevention and Wellness*. With the two-year anniversary since the global COVID-19 pandemic was announced coming up, this timely talk will focus on ways to get back to prevention and wellness and focus on personal wellness choices during a time when public health restrictions are loosening. The March conversation will be led by Dr. Wang Xi through Zoom on **Wednesday, March 16 at 5:30 PM**.

Practicing general medicine, Dr. Xi has cared for patients of all ages in Northumberland County for seven years and is also one of two physicians for the Northumberland Family Health Team Primary Care Memory Clinic. In addition to general medicine, he is knowledgeable and experienced in both inpatient and emergency medicine, which he practices at Northumberland Hills Hospital.

Dr. Xi will bring his expertise to this PACE Talk to explore the value of the annual “physical,” share lifestyle changes for preventative health, ways to focus on personal wellness as public health restrictions loosen, and delve into screening tests family doctors can conduct. Questions from the audience will also be addressed, and these can be pre-submitted by emailing [mbhargava@imcare.ca](mailto:mbhargava@imcare.ca) prior to March 16, 2022.

Beginning in 2018, The Northumberland PACE talks have been hosted as free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a range of questions and perspectives. Like many other events, The Northumberland PACE Talk series adapted to a new, virtual format as a result of the COVID-19 pandemic.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker(s) and a short moderator summary. Virtual PACE Talks will follow this same format.

Bring your questions, your suggestions, and your experience and join in what is expected to be another informative discussion.

**Pre-registration is required** and space is limited to the first 300 registered attendees. This event will be hosted through Zoom, and attendees are asked to login to the event 5 minutes prior to the start. Register for *How to Get Back to Prevention and Wellness as We Come Out of the Pandemic* today at [www.pacetalks.com](http://www.pacetalks.com), where you'll also find video and highlights from many of the previous seasons' talks. For those unable to attend, efforts will be made to share a recording of this conversation following the event, technology permitting.

**Contact:** Jennifer Gillard, [jgillard@nhh.ca](mailto:jgillard@nhh.ca) or 905-377-7757.

**About Northumberland PACE** – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series typically hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Due to the physical distancing requirements of the COVID-19 pandemic, the event has moved to a virtual format, using Zoom. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare, the NHH Foundation, as well as local patients and caregivers are all represented on the PACE planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution. Talks are held monthly at 5:30 PM, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. "Seats" are available free of charge, on a first-come, first reserved basis. Pre-registration is required. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

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