

# Take C.H.A.R.G.E. Alumni Education Series

## WINTER/SPRING 2012 SERIES SCHEDULE

Jan. 19, 2012 6:30 – 8:00PM	<b>Toronto Rehab Rumsey Centre</b> 347 Rumsey Rd (Bayview & Eglinton)	<b>Start the year off right!</b> This has officially become a tradition with Take C.H.A.R.G.E. Every January, we forsake our usual education session and lace up our running shoes! Tonight the track will be open and everyone is encouraged to come in to do their exercise (and shed those holiday pounds!). This year we are happy to be able to offer an introductory Tai Chi session in addition to the walking. (Please note: there is no formal lecture planned tonight)
Feb. 16, 2012 6:30 – 8:00PM	<b>Toronto Rehab Rumsey Centre</b> 347 Rumsey Rd (Bayview & Eglinton)	<b>Muscle and joint health</b> with <b>Dr. JD Kato</b> Everyone knows that as we age, things start to ache! Tonight, Dr. JD Kato will share with us some of the common muscle and joint injuries seen by our cardiac rehab patients over the years. He'll share with us why they happen, why they are problematic and most importantly, what can be done to decrease the odds of them happening to you!
Mar. 15, 2012 6:30 – 8:00PM	<b>Toronto Rehab Rumsey Centre</b> 347 Rumsey Rd (Bayview & Eglinton)	<b>Financial health</b> with <b>Phiroze Dotiwalla</b> Health is a broad topic that we've always tried to cover in a holistic way. Tonight our very own Phiroze Dotiwalla, C.A., CFP will be discussing financial health. Making sure your finances are as healthy as possible is a sure-fire way to decrease the stress in your life!
Apr. 19, 2012 6:30 – 8:00PM	<b>Holland Bloorview Kids Rehab Conference Centre</b> 150 Kilgour Rd (Bayview & Eglinton)	<b>Oral hygiene and heart health</b> with <b>Dr. James Hyland</b> We are sure many of you have heard that there is a link between poor oral hygiene and cardiovascular disease, but how many of you know why that is? After tonight's session, you'll have the answer. Dr. James Hyland will be joining us to explain how maintaining good oral hygiene can help to keep your heart healthy!
May 17, 2012 6:30-8:00PM	<b>Holland Bloorview Kids Rehab Conference Centre</b> 150 Kilgour Rd (Bayview & Eglinton)	<b>Left anterior what?</b> with <b>Rob Bertelink</b> For many of us, medical terminology can be quite confusing. Our doctors seem to speak a different language and unfortunately, they're often too busy to explain what it all means. Tonight Rob Bertelink is going to review some of the common terms our cardiologists use, explain what they mean and why they should matter to you. We're expecting a very good Q&A period at the end of this session.
June 21, 2012 6:30-8:00PM	<b>Toronto Rehab Rumsey Centre</b> 347 Rumsey Rd (Bayview & Eglinton)	<b>Take C.H.A.R.G.E. Summer BBQ!</b> Often billed as Rob's Favorite Session, tonight we celebrate the beginning of summer with a scrumptious BBQ on the outdoor track. Graduates are encouraged to arrive at our usual 6:30 starting time to get some walking in on the track while we fire up the Barbie. (Please note: there is no formal lecture planned tonight)

**Submit your registration form and \$30.00 series fee to Rumsey reception today.**

(Cash or cheque payable to: Cardiac Rehab Graduates Association)

