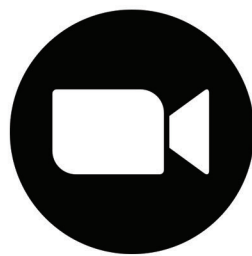


Virtual



'LIVING WITH DIABETES DURING COVID-19'

NORTHUMBERLAND DIABETES

Expo

*Join Us
on
Zoom*



**THURSDAY
MAY 13TH
6PM TO 8PM**






Presented by



**COMMUNITY HEALTH CENTRES
OF NORTHUMBERLAND**

AGENDA

	Speaker	Biography
6pm to 6:15pm	Welcome and Thanking the sponsors	Kristen - Dietitian (DEC Team) Jen - Dietitian (DEC Team)
6:15pm to 6:45pm	Living with Diabetes during Covid-19 	<u>Dr Rishi Handa</u> Dr. Handa moved back to Canada from New Jersey in 2017 where he opened offices in Oshawa and Port Hope. He also practices at the Cobourg Hospital consulting and working in the ICU. He has a large practice where he supports patients with heart health, complex care, diabetes, and more. Dr. Handa has a passion for teaching other health care providers and patients.
7pm	Yoga for Wellness 	A lifelong passion for health and fitness lead Ursula to pursue a Bachelors in Health Science and now she is back to school to become a Registered Nurse. Ursula achieved her dream of becoming a yoga teacher in 2018. Her goal in her yoga classes are to help her students understand and appreciate the mind body connection.
7:15pm	Diabetes and Mental Health during COVID 	<u>Brooke Sturzenegger, Mental Health Nurse</u> Brooke Sturzenegger is a Registered Nurse with a graduate diploma in mental health and addictions nursing. She has also been living with Type 1 diabetes for 21 years, so has a passion for exploring where diabetes and mental health intersect.

SPEAKER

Dr. Handa	Question: What is the body's main source of energy? Answer:
Ursula Powell	Question: What was one of the yoga poses/stretchers you learned about today? Answer:
Brooke Sturzenegger	Question: How does mental health and stress impact diabetes? Answer:

If you are watching the recording submit your completed Passport to diabetes@porthopechc.ca so you can pick up a gift bag.

Name: _____ Phone: _____
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