



NORTH SHORE HEALTH MATTERS

For more information about our presenters, visit northshorehealthmatters.com

LECTURE SERIES

Learn from the Health experts at these FREE information sessions



Thursday, April 14
1 – 2 p.m., NVCL

Core Strength and Back Health: Matthew Conway, Clinical Exercise Physiologist
Proper Core Function: Eva Anderson, Doctor of Naprapathy and Registered Massage Therapist

Wednesday, April 20
2:30 – 3:30 p.m.,
NVDPL-PG

What You Need to Know About Asthma and COPD Management:
Barb Moore, Respiratory Disease Educator

Tuesday, April 26
6:30 – 7:30 p.m., WVML

Fads & Facts for Health Living and Weight Management:
Julianne Brown, Clinical Exercise Physiologist
Healthy Eating Tips for Diabetes: Christie Bowles, Clinical Dietitian and Certified Diabetes Educator

Wednesday, May 4
7 – 8 p.m., NVDPL-LV

The Joy of Heart Healthy Eating – Tips from the Indulgent Dietitian:
Sharron O'Brien, Registered Dietitian

Monday, May 9
6:30 – 7:30 p.m., WVML

Understanding Osteoporosis: Dr. Kevin McLeod, Medical Doctor, Internal Medicine Specialist
The Effects of Exercise and Bone Health: Matthew Conway, Clinical Exercise Physiologist

Tuesday, May 17
6:30 – 7:30 p.m., NVCL

What You Need to Know About Asthma and COPD Management:
Barb Moore, Respiratory Disease Educator

Monday, June 20
6:30 – 7:30 p.m.
NVDPL-CAP

Heart Physiology and Heart Disease: Dr. Kevin McLeod, Medical Doctor, Internal Medicine Specialist
Cardiovascular Exercise and Brain Health: Ling Pai, Clinical Exercise Physiologist

Monday, June 27
6:30 – 7:30 p.m., NVCL

Medication Management: Fehmina Lalani, Pharmacist

LF/LGCR – Liberation Fitness and Lions Gate Cardiac Rehab and Cardiometabolic Program
#200 – 101 W. 16 St., North Vancouver | 604.904.0810
liberationfitness.ca and vancouverhearthealth.com

VCH – Vancouver Coastal Health c/o NS Chronic Disease Services
241 – 2121 Marine Dr., West Vancouver | 604.984.5752 | vch.ca

NVDPL-CAP – North Vancouver District Public Library, Capilano Library
3045 Highland Blvd., North Vancouver 604.998.3450 | nvdpl.ca

NVDPL-LV – North Vancouver District Public Library, Lynn Valley Library
1277 Lynn Valley Rd., North Vancouver | 604.984.0286 | nvdpl.ca
NVDPL-PG – North Vancouver District Public Library, Parkgate Library
3675 Banff Crt., North Vancouver | 604.929.3727 | nvdpl.ca

NVCL – North Vancouver City Library
120 W. 14 St., North Vancouver | 604.998.3450 | nvcl.ca

WVML – West Vancouver Memorial Library
1950 Marine Dr., West Vancouver | 604.925.7400 | westvanlibrary.ca