

HEALTH TALK

SATURDAY, OCTOBER 19

3pm to 6pm

**Angus Glen Community Centre
Activity Room 1**

(3990 Major Mackenzie Dr E, Markham)

FREE SCREENINGS

including body composition analysis, blood pressure, exercise & stretching, posture & sport injuries, and **MORE!**

FREE ADMISSION

Introduced & referred by:

HEE3 & HEE7 Health Exercise Instructors:

Dr. Fiona Chan, Dr. Tiffany Lai,

Dr. Ashley Collinge, and Nicole Ang

SPEAKERS



Dr. Gordon Ko

Medical Doctor Specialist in Physiatry,
PRP and Regenerative Medicine

Dr. Gordon Lawson

Certified Chiropractic Specialist in Orthopaedics,
Nutrition, Sports Injury & Rehabilitation



Dr. Susan Gillis

Chiropractor and certified in
Neuro-Emotional Technique (NET)

Dr. Fiona Chan

Chiropractor and Acupuncture Provider
President of Unionville Health Centre &
Northville Rehabilitation Centre



**Topic: A.D.A.P.T. to
Love, Live Longer
and Better**

INTERACTIVE BOOTHS and FREE SCREENINGS Including:

- **Body Composition Analysis (BCA)**
- **Blood pressure**
- **Exercise & stretching**
- **Posture & sport injuries**
- **Chronic injuries: arthritis, degeneration, repetitive strain injuries, etc**
- **Education on food and nutrition**
- **Supplementation & Naturopathic alternatives**
- **Education on motor vehicle accidents and slip & fall**

**Lucky Draw
Prizes:
value up to
\$500!**

Our multi-disciplinary team including medical doctors, chiropractors, naturopathic doctor, physiotherapists, and nutritionist will be available to help answer any questions you may have!