



LOOK WELL, FEEL WELL, BE WELL

PHYSICAL, EMOTIONAL AND SPIRITUAL HEALTH

Saturday, April 9th 2011, 9:00 am to 1:00 pm

at Richmond Hill Christian Community Church, 9670 Bayview Ave

SCHEDULE

- 8:30 am** Come early for basic wellness assessment (blood pressure, body composition analysis)
- 9:00 am** Registration
- 9:20 am** Introduction: Dr. Gordon Ko, Pastor Virginia Yong
- 9:30 am** Keynote message - Christine Williams "Wholeness of body, mind, spirit"
- 10:15am** Healthy nutrition and exercise break
- 10:45am** Workshops I
- 11:45pm** Workshops II
- 12:45pm** Closing comments, evaluation and door prizes

WORKSHOPS

English

1. **Good Personal Boundaries for Emotional Health**
Dr. Michael Pare MD
2. **Balancing Your Financial Life**
Ms. Pooi Fong Tham CA
3. **Restoring health with Bio-Identical Hormone Therapy**
Dr. Leigh Arseneau ND (and Dr Gord Ko MD)
4. **Forgiveness is Business**
Dr. Jim Rennie MD
5. **Christianity and Plastic Surgery**
What Did I Learn in the Last 18years?
Dr. Collin Hong MD
6. **What's EATING You Emotionally**
Ms. Christine Williams

English/Cantonese

7. **Men's Health**
Dr. Victor Mak MD

Mandarin / Cantonese: (Workshop in Mandarin, Q&A in Mandarin/Cantonese)

8. **Caring for the Elderly**
Preventing Falls and Drug Mishaps
Mark Tsai PT

KEY NOTE SPEAKER

Christine Williams

Host of
"On The Front Line with Christine Williams"
Crossroads Television System

Christine Williams has produced and hosted the daily, live national talk show "On the Line" on CTS TV where she conducted over 1,600 live interviews and captured 9 prestigious international awards. Christine is now Host and Producer of the Weekly Prime Time Political Program "On the Front Line with Christine Williams".



**Cost: \$5 per individual
\$10 for family**

(Refreshments Included)
Register at www.rhccc.ca

Bring your own water bottle/thermos for refills (enviro friendly symbol on poster)

