

# Risk Reducing Series Schedule 2009

DATE	SESSION TITLE	PRESENTER
Presented at the Glenrose Rehabilitation Hospital Available via Telehealth and BEAM Mondays (excluding holidays) 1800-1900 hrs		
January 5, 2009	Lowering Your Risk	Cindy Luna
January 12, 2009	Healthy Eating	Linda Mah-Mills
January 19, 2009	Active Living	Glenda Heale
January 26, 2009	Managing Stress	Irwin Raphael
February 2, 2009	Stop Smoking	Tammy da Silva
February 9, 2009	Lowering Your Risk	Cindy Luna
February 16, 2009	STAT	
February 23, 2009	Healthy Eating	Linda Mah-Mills
March 2, 2009	Active Living	Glenda Heale
March 9, 2009	Managing Stress	Irwin Raphael
March 16, 2009	Stop Smoking	Tammy da Silva
March 23, 2009	Lowering Your Risk	Cindy Luna
March 30, 2009	Healthy Eating	Linda Mah-Mills
April 6, 2009	Active Living	Glenda Heale
April 13, 2009	Managing Stress	Irwin Raphael
April 20, 2009	Stop Smoking	Tammy da Silva
April 27, 2009	Lowering Your Risk	Cindy Luna
May 4, 2009	Healthy Eating	Linda Mah-Mills
May 11, 2009	Active Living	Glenda Heale
May 18, 2009	STAT	
May 25, 2009	Managing Stress	Irwin Raphael
June 1, 2009	Stop Smoking	Tammy da Silva
June 8, 2009	Lowering Your Risk	Cindy Luna
June 15, 2008	Healthy Eating	Linda Mah-Mills
June 22, 2009	Active Living	Glenda Heale
June 29, 2009	Managing Stress	Irwin Raphael
July 6, 2009	Stop Smoking	Tammy da Silva
July 13, 2009	Lowering Your Risk	Cindy Luna
July 20, 2009	Healthy Eating	Linda Mah-Mills
July 27, 2009	Active Living	Glenda Heale
August 3, 2009	STAT	
August 10, 2009	Managing Stress	Irwin Raphael
August 17, 2009	Stop Smoking	Tammy da Silva

# Risk Reducing Series Schedule 2009

<b>DATE</b>	<b>SESSION TITLE</b>	<b>PRESENTER</b>
August 24, 2009	Lowering Your Risk	Cindy Luna
August 31, 2009	Healthy Eating	Linda Mah-Mills
September 7, 2009	STAT	
September 14, 2009	Active Living	Glenda Heale
September 21, 2009	Managing Stress	Irwin Raphael
September 28, 2009	Stop Smoking	Tammy da Silva
October 5, 2009	Lowering Your Risk	Cindy Luna
October 12, 2009	STAT	
October 19, 2009	Healthy Eating	Linda Mah-Mills
October 26, 2009	Active Living	Glenda Heale
November 2, 2009	Managing Stress	Irwin Raphael
November 9, 2009	Stop Smoking	Tammy da Silva
November 16, 2009	Lowering Your Risk	Cindy Luna
November 23, 2009	Healthy Eating	Linda Mah-Mills
November 30, 2009	Active Living	Glenda Heale
December 7, 2009	Managing Stress	Irwin Raphael
December 14, 2009	Stop Smoking	Tammy da Silva

To participate, please contact the Glenrose by contacting:

Katie Woo  
 TeleRehabilitation Coordinator  
 Ph: 780 735-6059  
 Cell: 780 907-8799  
 Fax: 780 735-6084  
 Email: [Katie.woo@capitalhealth.ca](mailto:Katie.woo@capitalhealth.ca)

For Further Information on the program please contact:

Laurie Rutherford  
 PCM Stroke Program  
 780 735-8885