



# RENE M CAISSE THEATRE

7:00-8:00PM  
- FREE -

**Meet your South Muskoka Health Care Providers and learn about issues that can affect your overall health!**

Join us in May at the Rene M. Caisse Theatre (within the Community Complex in Bracebridge) where local Health Care Providers will be presenting on a range of topics.

## **Tuesday, May 7th**

**Accessing Health Care in Muskoka: How to find the right care, in the right place and at the right time**

Dr. Kirsten Jewell, Primary Care Provider, Muskoka Algonquin Health Care

## **Tuesday, May 14th**

**A Breath of Fresh Air: A discussion about Lung Health, COPD and Lung Disease**

Dr. Jessica Nairn, Primary Care Provider, Muskoka Algonquin Health Care

## **Tuesday, May 21st**

**Neuroplasticity (Brain plasticity): Find out how your brain creates neural pathways and how to improve your memory and cognition into your 70's and beyond!**

Dr. Kristen Jones, Primary Care Provider, Muskoka Algonquin Health Care

## **Tuesday, May 28th**

**Empowering Wellness: Exploring Type 2 Diabetes Prevention and Management**

Dr. Melanie Mar, Primary Care Provider, Muskoka Algonquin Health Care

**All sessions are from 7-8PM  
and are FREE of charge.**

Registration is required.

**TUESDAY, MAY 7**  
Accessing Health Care  
in Muskoka

**TUESDAY, MAY 14**  
A Breath of Fresh Air

**TUESDAY, MAY 21**  
Neuroplasticity

**TUESDAY, MAY 28**  
Empowering Wellness:  
Type 2 Diabetes

To register, [Click Here](#)

Or visit our website:

[www.SouthMuskokaLEG.ca/community](http://www.SouthMuskokaLEG.ca/community)

If you need assistance  
registering online, please  
contact Paula:

**705-645-4404 x 2720**