

## Healthy Living and Cancer Prevention & Screening Series

Prevention & Screening Clinical Services at Thunder Bay Regional Health Sciences Centre, is pleased to invite you to participate in the following VIRTUAL session

# Healthy in 2022: What can I do? How do I start?

Physical activity cannot only prevent chronic diseases such as heart disease and cancer, but can also prevent those 'winter blues' by boosting our mood and energy. Join Dr. Newhouse to learn about the benefits of physical activity and how you can start moving today. During this session, Dr. Remus will be sharing information on Spinal Health and guide you through some basic stretches to support good back health.



**Presenter:**  
**Dr. Ian Newhouse**

PhD, Director, School  
of Kinesiology,  
Lakehead University



**Presenter:**  
**Dr. Abby Remus**

Chiropractor,  
Balance  
Chiropractic

Date:

**Thursday,  
January 20, 2022**

Time:

**2:00 pm to 3:00 pm EST**

Registration Link:

<https://thunderbayhospitals.webex.com/thunderbayhospitals/onstage/g.php?MTID=ed15e285b6eeb6e799f4a03a64691e5f8>



**Thunder Bay Regional  
Health Sciences  
Centre**

Prevention and Screening  
Clinical Services



*Everyone is welcome to join us!*

If you have any questions please contact **Susan Bale**  
at **bales@tbh.net**