



Public Forum on Heart Health Promotion

An afternoon of information, and presentations about health, what can you do to lower your chances of heart attack and how to live a healthy life

Date: **Saturday, June 19, 2010**
1:00 – 5:00 PM

Venue: **Kwantlen Polytechnic University**
Conference Centre, Cedar Building
Surrey Campus
12666 – 72nd Avenue
Surrey, B.C. V3W 2M5

Masters of Ceremonies: **Tarannum Thind** and **Davin Garg**

1:00 PM Booth Visits and Networking

2:00 PM Introductions and Welcome Remarks

- **John O’Neil**, Dean, Faculty of Health Sciences, Simon Fraser University
- **Nigel Murray**, President and CEO, Fraser Health

- **Mayor Dianne Watts**, Mayor of Surrey
Introduced by **Joanne Curry**, Executive Director, Simon Fraser University Surrey
- **Honourable Michael de Jong**, Attorney General and
Minister of Public Safety and Solicitor General
Introduced by **Gulzar Cheema**, Family Practitioner, Surrey

- **Arun Chockalingam** and **Arun Garg**, Co-Chairs

Program

2:30 PM Chair: **Amrik Virk**, Board Member, Kwantlen Polytechnic University

2:35 PM A Healthy Heart – A Cardiologist’s Perspective – **Salima Shariff**

3:05 PM Role of Yoga, Pranayam and Ayurveda in Cardiac Health –
PP Acharya Balkrishna Maharaj, Shirley Telles, Gagan Bhalla and Jas Bhopal

4:15 PM You are what you eat – Indian Cuisine is Healthy, Simply Indian –
Bal Arneson and Arun Garg

4:30 PM Summary and Next Steps – **Arun Chockalingam** and **Arun Garg**, Co-Chairs

Interactive and informative kiosks by:

Bal Arneson, Canadian Diabetes Association, Heart and Stroke Foundation of BC & Yukon, Royal Bank of Canada, Shoppers Home Health Care, Canadian Council of Cardiovascular Nurses (BC Yukon Chapter), Healthy Heart and Dental Hygiene, Fruiticana