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EXERCISE – The Future of Chronic Disease Management and Prevention in British Columbia



Dr. Jordan Guenette

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University of British Columbia
Principal Investigator, UBC James Hogg Research Centre**

Thursday, January 24, 2013

8:00am - 9:00am

**Paetzold HEC Auditorium, Jim Pattison Pavilion
Videolink to SPH (New Lecture Theatre, Level 1
Providence Building, St. Paul's Hospital)**

Abstract: The Provincial Ministry of Health suggests that individuals with chronic diseases currently represent almost 38% of the BC population. The rapid demographic shift to an older population is going to increase this value substantially, resulting in what some scientists are calling an “unprecedented global aging crisis.” Exercise continues to be one of the most effective lifestyle modifications for preventing chronic diseases. This presentation will discuss the fundamental importance of exercise training and aerobic fitness in slowing the physiological aging process and for managing chronic diseases such as COPD.

For more information please contact Elishah Velji at: Elishah.Velji@hli.ubc.ca or 604.806.8586



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This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada