



頭腦健康

身心靈健康

HEALTHY BRAIN,
HEALTHY MIND

July 8th, 2023

from 2:00-5:00 PM Eastern Time.

A joint ZOOM Educational Program Organized and sponsored by:

The Chinese Coordination Centre of World Evangelization (CCCOWE)

and the

Ontario Chinese Christian Medical Fellowship (OCCMF)

Course Committee members

Pastor Francis Tam, Nora Wu, Ted Wu, Michael Park, Dr. Ray Goh,

Dr. Gordon Ko, Pastor Alex Cheung, Pastor Tommy Tsui,

Pastor Alfred Chui, Dr. Michael Paré,



加拿大華福
CCCOWE Canada

and OCCMF Joint Mental Health/Mental Illness Education



Pastor Francis Tam

Currently, Rev. Dr. Francis Tam serves as the Executive Director of the Chinese Coordination Centre of World Evangelism - Canada, and the Voluntary Interim Principal of the Canadian Chinese School of Theology Calgary. Formerly served as a church planter, senior pastor, the Executive Director of the Canadian Chinese Alliance Churches Association, the General Secretary (voluntary) of the Association of Canadian Chinese Theological Education and the Coordinator of the Chinese Alliance World Fellowship. Dr. Tam graduated with a Doctor of Ministry degree from Trinity International University, formerly served as a sessional instructor at Tyndale University & Seminary and Ambrose University, and is now serving as Adjunct Faculty of the Canadian Chinese School of Theology. Rev. Tam resides with his wife in Richmond Hill, Ontario and God has blessed them with two children and six grandchildren.

Overview of “Brain Health”: an emerging field in medicine, and beyond

Speaker

Dr. Michael Pare MD, MSc (Neuroscience), MEd, RP

Michael has a master's in Neuroscience from the Montreal Neurological Institute of McGill University and has a long interest in how to keep our brains healthier. Michael will briefly talk about this new emerging field of Brain Health. As a Christian, he is particularly aware of the pseudo-scientific attacks on the credibility of theistic beliefs. Currently Michael is pursuing his Master of Theological Studies at Wycliffe College of the University of Toronto.

Learning objectives:

After the session, the participant will be able to:

1. Learn what is the difference between the brain and the mind.
2. Learn that the brain has many functions and that the brain-body interaction is extremely complex.
3. Learn that you can work to keep your brain healthy everyday in small ways.

Speaker

Nutrition for Brain Health.

Dr Mary Scourboutakis PhD (nutrition UofT) MD CCFP (UofT):

Mary Scourboutakos [pronounced SCORE – BA – TACOS] completed her PhD in the L'Abbe Lab. She completed her undergraduate degree at the University of Toronto, and double majored in nutritional sciences and music. In her research, Mary studied the nutritional quality of Canadian chain restaurant foods and also conducts research investigating public health policies such as menu-labelling. Her work has helped influence public health policy at City Hall and Queen's Park. She also participates in the Collaborative Program in Women's Health. Mary is a blogger and video blogger for the American Society for Nutrition, and also blogs on her personal website (www.that-nutritiongirl.com). In her spare time she enjoys playing the piano, tennis, yoga, running, reading and stamp collecting. All in all, Mary is devoted to spreading the word about the importance of eating



well as a means to live optimally.

PubMed Link: <http://www.ncbi.nlm.nih.gov/pubmed/?term=mary+scourboutakos>
see www.ThatNutritionGirl.com/press/

Learning objectives:

After the session, the participant will be able to:

1. To discuss the research investigating nutrition's effect on depression and anxiety and translate the science into dietary recommendations.
2. To discuss the research investigating nutrition's ability to help prevent cognitive decline and translate the science into dietary recommendations.
3. To explore the role of nutrition in disease prevention at large.

Speaker



Exercise“S” to rejuvenate your brain

**Dr. Gordon D. Ko MD,
FCFP(EM), FRCPC (Physiatry), PhD (Pastoral counseling)**

Dr. Gordon Ko, has over 30 years clinical experience in giving hope (and healing) to those suffering from chronic pain and neurological conditions. At the Canadian Centre for Integrative Medicine (www.DrKoPRP.com), he directs a multidisciplinary team to treat root causes with Functional Medicine (gut microbiome, epigenetics), Regenerative Medicine (PRP-prolotherapy) and Neuroplasticity (Mind-body/ Spiritual healing). He enjoys teaching students, professionals and public alike as faculty with the University of Toronto and the OMA speakers' bureau. He along with his wife and 4 children have helped in mission trips to Belize, Honduras, Nicaragua, Kenya and India. He was co-founder of the Wellness ministry at the Richmond Hill Christian Community Church where he has served for over 20 years.

Learning objectives:

After the session, the participant will be able to:

1. Learn and apply the science on how the brain heals with exercise
2. Become aware of newer approaches to improve function after head injury/ stroke/ neurological diseases
3. Be inspired by a head injury patient testimony.

Speaker



The Brain and Long COVID

**Dr Angela Cheung MD, PhD, FRCPC, CCD,
Staff General Internist, Professor of Medicine, University of Toronto**

Dr. Angela M. Cheung is Professor of Medicine, KY and Betty Ho Chair in Integrative Medicine at University of Toronto and Senior Clinician Scientist at University Health

Network. She obtained her MD from Johns Hopkins University in 1988 and her PhD in Health Policy from Harvard University in 1997. She is a Fellow of the Royal College of Physicians of Canada and has been in clinical practice for >30 years. She has had many leadership roles nationally and internationally. At the start of the pandemic, she led the harmonization of blood banking initiatives across the provinces. Since then, she has led 2 large CIHR-funded studies: 1) CANCOV – Canadian COVID-19 Longitudinal Cohort Study, a platform observational study with more than 2000 patients across the severity of illness at 18 sites across 5 provinces; and 2) RECLAIM – Recovering from COVID-19 Lingering Symptoms Adaptive Integrative Medicine Trial, an adaptive platform randomized controlled trial for interventions for Long COVID at 12 sites across 4 provinces. She has been involved with Ontario Science Table, PHAC, CADTH, CIHR, CITF, Canadian Task Force on Post COVID Condition, as well as international groups on COVID-19.

Learning Objectives:

After the session, the participant will be able to:

1. Describe what Long COVID is.
2. Detail how Long COVID can affect the brain.
3. Engage in activities that will enhance recovery from Long COVID.

Moderator of the Panel

Pastor Alfred Chui

Volunteer Ministry Director of CCCOWE Canada

Panel Discussion on HEALTHY BRAIN, HEALTHY MIND with Q&A. (30-minutes)

● Gordon Ko ● Mary Scourboutakis ● Angela Cheung ● Michael Paré

Registration Information



The seminar will be by ZOOM.

- Language: English w/ Cantonese & Mandarin interpretation channels 英語主講，粵語、國語聲道傳譯
- Please attend this free interactive session.
- More information and registration can be found in the following link and QR code
- Register now 即刻報名 : cccowe.ca/mhw2023
- CCCOWE Canada's office number: 416-497-0146

