

Oasis Institute for Healthy Living Inc. www.oasishealthylivinginstitute.org

Media & Public Events

Ask a Master Gardener Booth at Canadian National Exhibition Aug. 25 and Sept. 21 at 4 – 7pm in the Direct Energy Centre.

2010 Canadian Health and Prevention Tour:

Healthy Eating for Healthy Aging –

Arthritis, Presentation/Cooking Demonstration – 11:55 am – 1 pm

Dates and Locations:

Monday, Oct. 25 – TBD – GTA and Surrounding Area

Tuesday, Oct. 26 - Richmond Hill, McConaghy Senior Centre, 10100 Young St, Richmond Hill, ON L4C 1T8

Wednesday, Oct. 27 – Gloucester, Gloucester Seniors Adult Centre, 2020 Ogilvie Rd, Gloucester/Ottawa K1J 7N8

Thursday, Oct. 28 – TBD - Ottawa area

Friday, Oct. 30 - Mississauga Mississauga Seniors' Centre, 1389 Cawthra Road, Mississauga, ON, L5G 4L1

Monday, Nov. 1– London Horton Street Senior Centre, 184 Horton Street, London, ON, N6B 1K8

Tuesday, Nov. 2 – Windsor, Centre for Seniors Windsor, 635 McEwan Avenue, Windsor, ON, N9A 2E9

Wednesday, Nov. 3 – Alberton, Ancaster Senior Achievement Centre, 622 Alberton Rd South, Alberton, ON, L0R 1A0

November 25, 2010 – 7pm "Great Heritage and Native plants for the Landscape of the Future" presented by Astrid Muschalla, Royal York United Church on Royal York Road and Glenroy Ave., Etobicoke

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CANADA BLOOMS Presenting *Designing with Native Plants*
Friday March 19, 2010 at 2:15 pm Location: Direct Energy Centre, Toronto
<http://www.canadablooms.com/html/speaker-information2010.html>

MONTGOMERY'S INN – Into the Garden Series presenting
The ABCs of Good Garden Design **Saturday March 20, 2010 at 2pm**
Location: Montgomery's Inn, Etobicoke
www.montgomerysinn.com

ISLINGTON NURSERIES – *Ask a Master Gardener* - Taking open questions from the public on **Saturday June 19, 2010 at 10am** Location: Etobicoke Main Store
<http://www.islingtonnurseries.com>

Garden & Floral Expo - Green For Life Stage - *Designing with Native Plants*
Canada's Premier 10th Anniversary Retail Trade Show for green and floral industry professionals **October 20, 2009 at 11:30 AM** - Location: Toronto Congress Centre
www.gardenexpo.ca

Canadian Health and Prevention Tour - Presentation with Cooking Demo - *Healthy Eating for Healthy Aging* on **October 26 to November 4, 2009** Locations: Barrie, Richmond Hill, Gloucester, Oshawa, Mississauga, Windsor, London, Alberton

THEA Sponsored Presentation and Cooking Demo - *Aromatherapy in the Kitchen* on **September 29, 2009 at 7:15 - 8:30 PM** Location: Fisher & Paykel Canada, Mississauga

Daytime, Rogers Television with Host Kim McCleary –Cooking Demonstration *Eat Around the World Without Leaving Your Kitchen* on **March 19, 2009** Location: Mississauga

- **March 31, 2009 - Press Release:**
http://www.ohea.on.ca/files/press_release/FishingForOmega3FattyAcids.pdf
- **March 30, 2009 - Press Release:** [Fishing for Omega-3 Fatty Acids](http://www.youtube.com/watch?v=QO_jdRDhGFc)
http://www.youtube.com/watch?v=QO_jdRDhGFc
- **March 25, 2009 - Press Release:** [Wild Pacific Salmon - Product of China?](http://www.youtube.com/watch?v=AASGwZKP9HQ)
<http://www.youtube.com/watch?v=AASGwZKP9HQ>

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