Please confirm the date and time of events prior to attending, as they sometimes change.

**Thursday, September 1**

**Want to Learn About Anxiety?** University Health Network. Toronto General Hospital. 
Speakers: Aideen Carroll, University Health Network & Regina Sawh, TWH Centre for Mental Health. Find out what anxiety is, when it is a problem, the signs and symptoms and coping strategies.

<table>
<thead>
<tr>
<th>Time &amp; location:</th>
<th>1 – 2:30 PM</th>
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<tbody>
<tr>
<td>Toronto General Hospital, Peter Munk Building, 11th Floor, Astellas Conference Room, 585 University Ave.</td>
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</table>

<table>
<thead>
<tr>
<th>Registration required:</th>
<th>Email <a href="mailto:leah.sultan-khan@uhn.ca">leah.sultan-khan@uhn.ca</a> or call (416) 340-4800 ext. 5647</th>
</tr>
</thead>
<tbody>
<tr>
<td>For more information:</td>
<td><a href="http://www.uhn.ca/PatientsFamilies/Health_Information/Patient_Family_Education/Documents/temp_TGH.pdf">http://www.uhn.ca/PatientsFamilies/Health_Information/Patient_Family_Education/Documents/temp_TGH.pdf</a></td>
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**World on Fire: Glimpses of the Birth of the Universe.** University of Toronto AstroTours. 
Speaker: Renée Hlozek, University of Toronto. By listening to the cold, dim hiss of the universe, we can learn about its fiery beginning. This talk will focus on how cosmologists use microwave instruments to measure this birth-light. The speaker will describe the telescope she uses, what the universe contains, how it started and how it is going to end. Enjoy a planetarium show after the presentation (registration required).

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<tr>
<th>Time &amp; location:</th>
<th>8 PM</th>
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<tr>
<td>McLennan Physical Laboratories, Room MP 103, 60 St. George St.</td>
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</table>

| Registration for planetarium show: | [https://www.eventbrite.ca/e/september-1st-2016-uoft-astrotour-planetarium-shows-tickets-26607528835](https://www.eventbrite.ca/e/september-1st-2016-uoft-astrotour-planetarium-shows-tickets-26607528835) |

| For more information: | [http://www.astro.utoronto.ca/astrotours/?page_id=392](http://www.astro.utoronto.ca/astrotours/?page_id=392) |

**Tuesday, September 6**

**Autism – Different Thinking About Those Who Think Differently.** Ontario Brain Institute. 
Speakers: Mike Lake, Member of Parliament & Dr. Evdokia Anagnostou, Bloorview Research Institute. The speakers will discuss how we can create a world where the strength and abilities of people living with autism spectrum disorder can be cultivated and the current research to find better treatments and therapies.

<table>
<thead>
<tr>
<th>Time &amp; location:</th>
<th>6:30 – 8 PM</th>
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<tr>
<td>Hot Docs Ted Rogers Cinema, 506 Bloor St. West</td>
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**Friday, September 9, Saturday, September 10 & Sunday, September 11**

**Veg Food Fest.**
The biggest vegetarian food festival in North America. Come and enjoy tasty dishes, workshops, lectures, fitness classes, live music, cooking demonstrations, plenty of veg-friendly products and much more.

<table>
<thead>
<tr>
<th>Time &amp; location:</th>
<th>Friday: 4 – 9 PM</th>
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<tr>
<td>Harbourfront Centre, 235 Queens Quay West</td>
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</table>

| Saturday: 12 – 9 PM |
| Sunday: 12 – 7 PM |


**Green Energy Doors Open.**
With climate change action being a cause of both concern and excitement for many people, this event is an initiative that provides a unique opportunity to channel questions, concerns and ideas. Owners of renewable energy sites and energy efficient homes will open their doors to the public for an opportunity to get close to actual projects and to share their experiences with developing such projects.

<table>
<thead>
<tr>
<th>Time &amp; location:</th>
<th>Please check website for dates, times and locations of events.</th>
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</table>

| For more information: | [http://greenenergydoorsopen.ca/events-2/](http://greenenergydoorsopen.ca/events-2/) |

**Saturday, September 10**

**Pollinator/Bird-Friendly Gardening Workshop.** Etobicoke Master Gardeners. 
Learn which plants and other features can turn your garden into a haven for birds, bees and other pollinators. Learn how to attract and support native wildlife in your yard.
Monday, September 12

**Big Data and Health. We Are Wearables.**
Along with IBM Canada, this presentation will look at how wearables and sensors are changing healthcare. Discover, discuss and demo wearable and IoT innovations that are changing the face of autism, cardiac and respiratory diseases including heart attacks, diabetes, bone trauma, skin care and general health management.

**Time & location:**
7 – 10 PM
MaRS Discovery District, 101 College St.

**Registration required:**
http://www.meetup.com/Wearable-Wednesday-Toronto/events/233309444/

Tuesday, September 13

**Long-Term Consequences of Climate “Tipping Points” Viewed from Petermann Glacier, Northern Greenland. University of Toronto. The Centre for Global Change Science.**
Speaker: Alan Mix, Oregon State University.

**Time & location:**
4:10 PM
Bahen Centre for Information Technology, Room BA1210, 40 St. George St.

**For more information:**
http://www.cgcs.utoronto.ca/Series/Distinguished_Lecturer_Series__2016-2017_.htm

Wednesday, September 14

**Recreational Astronomy Night. Royal Astronomical Society of Canada – Toronto Centre.**
Members will present their latest projects, give tutorials and tips on astronomy topics. Topics include: the sky this month, tips for planning a moon vacation and Chile observatories.

**Time & location:**
7:30 – 9:30 PM
Ontario Science Centre, 770 Don Mills Rd.

**For more information:**
http://rascto.ca/content/recreational-astronomy-night-30

Thursday, September 15

**The Connection Between Hearing and Dementia. Bernard Betel Centre.**
Come and learn about the connection between hearing loss and dementia.

**Time & location:**
1:30 – 2:30 PM
Bernard Betel Centre, Synagogue, 1003 Steeles Ave. West

**For more information:**
http://www.betelcentre.org/event/connection-between-hearing-and-dementia

**How to Navigate the Mental Health Care & Addiction Systems. Sunnybrook Health Sciences Centre.**
An evening discussion on the mental health care and addiction systems. Leading Sunnybrook experts will discuss what is navigation, how to get care for the individual and family caregivers and how to work with your service provider. Free parking in Garage One.

**Time & location:**
6:30 – 8:30 PM
Sunnybrook Health Sciences Centre, Bayview Campus, E-Wing, Ground Floor, McLaughlin Auditorium, 2075 Bayview Ave.

**Registration required:**
Call (416) 480-4117 or email speaker.series@sunnybrook.ca or visit http://sunnybrook.ca/calendar/event.asp?e=1059&m=&page=33990

**For more information:**
http://sunnybrook.ca/calendar/event.asp?e=1059&m=&page=33990

**Greening Your Grounds: Putting Your Garden to Bed. Toronto and Region Conservation.**
From lawn care and leaf clean-up, to preparing for next year’s garden beds – learn what to do this fall for a head start next spring. Leave this workshop with a month-by-month plan for a healthy, beautiful yard.

**Time & location:**
7 – 8:15 PM
Steeles Library, 375 Bamburgh Circle

**Registration required:**
https://trca.checkfront.com/reserve/?item_id=1170&date=20160915

Saturday, September 17

**Bird Walk. Citizens Concerned About the Future of the Etobicoke Waterfront.**
Leader: Glenn Coady.

**Time & location:**
9 – 11 AM
Colonel Samuel Smith Park. Meet in the south parking lot (map: https://goo.gl/9NAN4u)

**For more information:**
Monday, September 19

**Toronto Tree Bylaws – How to Recognize and Report Contraventions of Our Street Tree and Private Tree Bylaws. Local Enhancement & Appreciation of Forests (LEAF).**

As citizens, we play an important role in helping the City of Toronto enforce our tree bylaws. Enjoy a presentation and Q&A with the Urban Forestry Tree Protection & Plan Review staff.

**Time & location:** 6:30 – 8:30 PM
Metro Hall, Room 308, 55 John St.

**Registration required:** [http://www.yourleaf.org/presentationworkshop-registration-form](http://www.yourleaf.org/presentationworkshop-registration-form)


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**Wednesday, September 21**

**The Human Body Lab Tour, Humber College.**

Put on a lab coat and gloves and let the journey begin. Take this opportunity to explore the anatomy of the human body. You will have the opportunity to view cadavers along with anatomical models. All visitors must be 18 or over with valid photo ID.

**Time & location:**
- 12 PM or 1 PM
  - Humber College, North Campus, Room F411, 205 Humber College Blvd.

**Registration required:**
- 12 PM session: [https://www.eventbrite.ca/e/the-human-body-lab-tour-tickets-26245004515](https://www.eventbrite.ca/e/the-human-body-lab-tour-tickets-26245004515)
- 1 PM session: [https://www.eventbrite.ca/e/the-human-body-lab-tour-tickets-26245003512](https://www.eventbrite.ca/e/the-human-body-lab-tour-tickets-26245003512)

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**Clean Code: The (Underrated) Art of Naming. ExploreTech Toronto Meetup.**

There’s a saying that goes, "There are only two hard things in Computer Science: cache invalidation and naming things." In this presentation, learn why naming is such a difficult problem, commonly made mistakes and some guidelines for making meaningful names.

**Time & location:** 6:45 PM
Wealthsimple, 860 Richmond St. West

**Registration required:** [http://www.meetup.com/ExploreTech-Toronto/events/233297630/](http://www.meetup.com/ExploreTech-Toronto/events/233297630/)

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**Thursday, September 22**

**Aging and Immunity. Bernard Betel Centre.**

Come and learn why we become more susceptible to infections as we age.

**Time & location:** 1:30 – 2:30 PM
Bernard Betel Centre, Synagogue, 1003 Steeles Ave. West

**For more information:** [http://www.betelcentre.org/event/aging-and-immunity](http://www.betelcentre.org/event/aging-and-immunity)

**From Euclid to Einstein: Milestones in the History of Science. Science Literacy Week. University of Toronto. Thomas Fisher Rare Book Library.**

Come to the Thomas Fisher Rare Book Library to see and touch some of the iconic books in the history of science. Flip the pages of originals by Darwin, Galileo, Newton and more in this showcase of the library's collections.

**Time & location:** 4 – 7 PM
Thomas Fisher Rare Book Library, 120 St. George St.

**For more information:** [http://scienceliteracy.ca/ontario-events/#Toronto](http://scienceliteracy.ca/ontario-events/#Toronto)

**The Toronto Public Library** is also hosting Science Literacy Week programs: [http://www.torontopubliclibrary.ca/search.jsp?N=4288244038&Ns=p_pub_date_sort&Nso=0](http://www.torontopubliclibrary.ca/search.jsp?N=4288244038&Ns=p_pub_date_sort&Nso=0)

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**Friday, September 23**

**Health Promotion of Immigrant Mothers of Children with Developmental Disabilities. York University. Office of Women’s Health Research Chair in Mental Health.**

A community event to present, analyze and discuss the health promotion needs of immigrant mothers of children with developmental disabilities living in the GTA.

**Time & location:** 11:30 AM – 2:30 PM
Holland Bloorview Kids Rehabilitation, Room 1E201, 150 Kilgour Rd.

**Registration required:** Email owhchair@yorku.ca


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**Tuesday, September 27**

**Ovarian Cancer: Knowledge is Power. Lunch & Learn. Princess Margaret Cancer Centre.**

Feed your mind and body as you listen to Princess Margaret’s physicians and researchers speak on a variety of cancer topics. Bring a lunch.

**Time & location:** 11:30 AM – 12:30 PM
Speaker: Avner Vengosh, Duke University.
Time & location: 4:10 PM Bahen Centre for Information Technology, Room BA1210, 40 St. George St.
For more information: http://www.cpcs.utoronto.ca/Series/Distinguished_Lecturer_Series_2016-2017_.htm

Living Well in the Face of Illness. Jehangir Saleh Lecture. Ryerson University. Faculty of Arts.
Speaker: Dr. Kay Toombs, Baylor University. Drawing on her firsthand experience of living with disability and her work on the meaning of illness, Dr. Kay Toombs will consider how cultural and community values shape the meaning of chronic illness and the important tasks of healing (preserving wholeness) in the face of incurable disease.
Time & location: 6 – 8 PM Peter Bronfman Learning Centre, 7th Floor, Heaslip House, 297 Victoria St.
Registration required: http://www.eventbrite.ca/e/jehangir-saleh-lecture-2016-tickets-26720982177

Wednesday, September 28

Speaker: Dr. Rachel Friesen, University of Toronto. The ALMA observatory, in northern Chile, was designed to probe fundamental questions about our universe, from the formation of galaxies to planets. In this talk, the speaker will talk about why ALMA was built, why it works and describe some of ALMA’s exciting new discoveries.
Time & location: 7:30 – 10 PM Ontario Science Centre, 770 Don Mills Rd.
For more information: http://rascto.ca/content/speakers-night-15

Thursday, September 29

Mental Health and Wellness 101. Bernard Betel Centre.
This workshop looks at mental health issues in Canada and helps us to better understand them.
Time & location: 1:30 – 2:30 PM Bernard Betel Centre, Synagogue, 1003 Steeles Ave. West
For more information: http://www.betelcentre.org/event/mental-health-and-wellness-101

Friday, September 30

Monthly Health Talk. University Health Network. Toronto Western Hospital.
Topic: Smoking cessation.
Time & location: 1 – 2:30 PM Toronto Western Hospital, West Wing, 2nd Floor, Auditorium, 399 Bathurst St.
Registration required: Email evangeline.roldan@uhn.ca or call (416) 603-6475
For more information: http://www.uhn.ca/PatientsFamilies/Health_Information/Patient_Family_Education/Documents/Monthly_Health_Talk_Flyer_English.pdf

There are also free programs at the Toronto Public Library.

- Science & Technology programs: http://www.torontopubliclibrary.ca/programs-and-classes/categories/science-technology.jsp
- Health & Wellness programs: http://www.torontopubliclibrary.ca/programs-and-classes/categories/health-wellness.jsp

Or have a look at the What's On program guide, available in branches.

Also, connect with us online and get the latest library news, event listings and librarian expertise at the North York Central Library blog: http://torontopubliclibrary.typepad.com/north-york-central-blog/