

Free Science* Events



*and applied-science



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

Monday, December 2

***Preparing to Return to Work after Cancer Treatment.* Unison Health and Community Services**

A session to educate patients on how to prepare to return to work after cancer diagnosis and treatment. Common concerns about returning to work, how to prepare to be back, your rights as a worker, and where you can get more information and support will be discussed.

Time & location: 10:30 - 12:00 pm
Toronto General Hospital-ELLICSR, Basement level, Room B-PMB 130
585 University Ave

Registration required: Call 416-581-8620

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-280>

Tuesday, December 3

***Cancer Patient Education: Advance care planning.* Sunnybrook Health Sciences Centre**

Many patients and caregivers have questions around advanced care planning and end of life issues like pain control or even making sure that all of your legal affairs are in order. Pop by and have a conversation with one of the clinic staff about advanced care planning issues that are important to you and your family.

Time & location: 11:00 - 11:30 am
Odette Cancer Centre (T-wing), 1st floor, PEARL - Bayview Campus
2075 Bayview Ave

For more information: <https://sunnybrook.ca/calendar/event.asp?e=1118&m=2153&page=33990>

Climates and Systems in Crisis. Science for Peace

Ali Hashemi, an early contributor to Extinction Rebellion in Toronto, is the CEO of CSTS Health Care, a biotechnology company. He has a background in systems engineering and applied ontology. The deepening climate crisis has spurred him to become active in the movement against human extinction.

Time & location: 7:00 - 8:30 pm
Ontario Institute for Studies in Education, 252 Bloor St. West, room 5-250

Registration Required: <https://www.eventbrite.ca/e/climates-and-systems-in-crisis-tickets-80766975197>

For more information: <https://scienceforpeace.ca/climates-and-systems-in-crisis>

Wednesday, December 4

***Lymphedema Awareness.* United Health Network**

Learn about lymphedema, its signs and symptoms, and what you can do to lower your risk of developing it. This class is for you if you have had lymph nodes removed or had radiation to lymph nodes as part of your treatment.

Time & location: 12:00 - 1:00 pm
Toronto General Hospital-ELLICSR, Basement level, Room B-PMB 130
585 University Ave

Registration/
more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-9.0.2019-12-04T17:00:00Z>

Cancer Patient Education: Ask a nutrition expert. Sunnybrook Health Sciences Centre

Have questions about what to eat during treatment? Want to know more about nutrition and cancer? Drop into PEARL (Patient Education and Research Learning Centre) located in the Odette Cancer Centre and visit with one of our registered dietitians.

Time & location: 2:00 - 2:30 pm
Odette Cancer Centre (T-wing), 1st floor, PEARL - Bayview Campus
2075 Bayview Ave

For more information: <https://sunnybrook.ca/calendar/event.asp?e=1012&m=2158&page=33990>

Centre for Vaccine Preventable Diseases Seminar. Centre for Vaccine Preventable Diseases

The topic for this talk is the eradication of smallpox after 40 Years: vaccine innovation, Canadian leadership and global public health; looking back and learning forward. The guest speaker is Dr. Christopher Ritty, a professional medical historian with special expertise on the history of public health, infectious diseases and biotechnology in Canada. He earned his Ph.D. at the University of Toronto in the Department of History in 1995, with his dissertation on the history of poliomyelitis in Canada.

Time & location: 12:00 - 1:00 pm
Dalla Lana School of Public Health, University of Toronto, Health Sciences Building Room 574, 155 College Street

Registration/
more information: <https://www.eventbrite.ca/e/centre-for-vaccine-preventable-diseases-seminar-tickets-82053362817?aff=ebdssbdestsearch>

Friday, December 6

CANSSI Ontario STAGE ISSS: Dr. Joseph Petrosino [Title of talk TBA]. CIHR Stage

[CANSSI = Canadian Statistical Sciences Institute. STAGE = Strategic Training for Advanced Genetic Epidemiology. ISSS = International Speaker Seminar Series.]

Dr. Joseph Petrosino is a Professor of Molecular Virology and Microbiology at the Baylor College of Medicine. He was a principal investigator for the NIH Common Fund Human Microbiome Project and, in 2011, established the Alkek Center for Metagenomics and Microbiome Research (CMMR), with its mission to develop and implement advanced technologies to understand how the human microbiome impacts health and disease and translate this knowledge for better therapeutics and diagnostics. The Petrosino laboratory is employing a variety of biological and engineering approaches to isolate and fractionate and culture live microbial cells for study of their role in human health and for use in personalized medicine applications where microbiome interventions are being considered. Dr. Petrosino has contributed to more than 120 peer-reviewed microbiome studies, and his achievements in the microbiome arena led him to be named an American Society for Microbiology Distinguished lecturer from 2012-2014.

Time & location: 12:00 - 2:00 pm
Peter Gilgan Centre for Research and Learning, Main Auditorium, 2nd Floor, 686 Bay Street

Registration/
more information: <https://stage.utoronto.ca/event/stage-iss-s-dr-joseph-petrosino>

Monday, December 9

Radiation Therapy: Answering Your Questions. University Health Network

Learn about radiation therapy and have a radiation therapist answer your questions about treatment. Please check in at the 1B Reception Desk.

Time & location: 9:30 - 10:30 am
Princess Margaret Hospital, Room 1B-204, 610 University Ave

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-1.0.2019-12-09T14:30:00Z>

Tuesday, December 10

Tackling Ghost Gear: Reducing the Impacts of Marine Debris and Ocean Plastics. World Animal Protection and Chronos Sustainability

Join World Animal Protection and Chronos Sustainability for a workshop on the topic of lost and abandoned fishing gear ('ghost gear') and the Global Ghost Gear Initiative's work to develop solutions to this

issue. The aims are to provide you with an overview of the GGGI's approach, initiatives and solution projects, as well as key recommendations in the GGGI's Best Practice Framework for the Management of Fishing Gear (BPF). They will discuss the role investors, as well as seafood processors and retailers, can play in supporting efforts to reduce ocean plastic pollution originating from ghost gear. The workshop will be followed by a light lunch.

Time & location: 9:30 - 12:30 pm
Breather, Suite 201, 2nd Floor, 425 Adelaide Street West
Registration/
more information: <https://www.eventbrite.ca/e/tackling-ghost-gear-reducing-the-impacts-of-marine-debris-ocean-plastics-tickets-83705578639?aff=erelexpmlt>

Caregiver Stress. Alzheimer Society Toronto

This workshop is to help caregivers identify their sources of stress and develop coping strategies. Free parking on premises. Accessibility parking is located on the south side of the building.

Objectives:

- Explore the different types of stress caregivers may experience and develop coping strategies to deal with the stress
- Increase awareness of the importance of self-care for the caregiver
- Develop an understanding of support services in the community and where to seek those services

Time & location: 10:00 - 12:00 pm
Toronto Memory Program, 1 Valleybrook Dr., Suite 400, North York
Registration/
more information: <https://alz.to/event/caregiver-stress/>

Wednesday, December 11

Relaxation Therapy. University Health Network

Learn and practice some simple techniques including deep breathing, progressive muscle relaxation, and guided imagery in this group class.

Time & location: 1:15 - 2:00 pm
The Gerry & Nancy Pencer Brain Tumour Centre, 18th Floor, Princess Margaret, 610 University Ave
Registration/
more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-6.0.2019-12-11T18:15:00Z>

Hey Alexa - Ask Manulife to tell me a story. Voice Tech TO

Eugene Andruszczenko, lead engineer at Manulife, will discuss his journey working on voice first applications for the past 3 years. He will walk attendees through voice in Insur-tech / Fintech. This will be an evening of demos, presentations as well as a chat, moderated by Guy Tonye.

Time & location: 6:00 - 8:00 pm
WeWork, 240 Richmond Street W
Registration/
more information: <https://www.eventbrite.ca/e/hey-alexa-ask-manulife-to-tell-me-a-story-tickets-82381273607?aff=ebdssbdestsearch>

Friday, December 13

Cancer Patient Education: Ask an Exercise Expert. Sunnybrook Health Sciences Centre

Exercise has positive benefits for people living with cancer both on and post-treatment. Exercise is also one of the best strategies to fight cancer-related fatigue. This free drop-in session is delivered by an occupational therapist and physiotherapist, who can both share practical tips about adding exercise to your daily routine.

Time & location: 11:00 - 11:30 am
Odette Cancer Centre (T-wing), 1st floor, PEARL - Bayview Campus, 2075 Bayview Ave
For more information: <https://sunnybrook.ca/calendar/event.asp?e=1086&m=2170&page=33990>

Artificial Neural Network Applications in Health Industries. WIMTACH, Centennial College

Join the Workshop of Artificial Neural Network Applications in Health Industries if you are interested in Artificial Intelligence.

Time & location: 9:00 - 2:00 pm

941 Progress Avenue, Room D2-O4B

Registration required: <https://www.eventbrite.ca/e/artificial-neural-network-applications-in-health-industries-tickets-68176452605?aff=ebdssbdestsearch>

For more information: <https://wimtach.centennialcollege.ca/about/>

Tuesday, December 17

Sex & Intimacy. Unison Health and Community Services

Join a sex therapist to talk about the impact sex and intimacy has on cancer, during and after treatment.

Time & location: 12:00 pm - 1:30 pm

Toronto General Hospital- ELLICSR, Basement level, Room B- PMB 130

585 University Ave

Registration required: 416-581-8620

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-21.0.2019-12-17T17:00:00Z>

Thursday, December 26

Adolescent & Young Adult Cancer Meet-Up. University Health Network

A facilitated meet-up for young adults under 40 with any type of cancer. Supporters (friends, family and partners) are welcome.

Time & location: 6:00 - 7:30 pm

Princess Margaret Cancer Centre- 16th Floor, Room 726, 610 University Ave

Registration required: 416 946 4501 ext 5579 or email aya@uhn.ca

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-28.0.2019-12-26T23:00:00Z>

There are also free science and applied-science programs at **Toronto Public Library**.



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

Or have a look at the **What's On** guide to library programs, available in branches and online. <https://www.torontopubliclibrary.ca/print-pubs/>



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/>



North York Central Library, Business, Science & Technology Department