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Ad Number: 235827

Location: Yellowknife, NT
Posted: Sep 29th 2026 at 6:24pm

Free Community Health Seminar | October 7–10, 2026

Address: 5008 Forrest Drive, Yellowknife, NT, X1A 3T8
Wed, Oct 7th 2026 to Sat, Oct 10th 2026 from 6:30pm to 7:45pm

Free Community Health Seminar | October 7–10, 2026

Health challenges affect many families in our community. Cancer was the leading cause of death in the Northwest Territories in 2024. Across Canada, an estimated 696 people per day will be diagnosed with cancer in 2026. About two in three adults live with overweight or obesity, and one in four has high blood pressure. These numbers are projected to rise, making these health challenges even more pressing in the years ahead. You do not have to become a statistic. You can take steps to age gracefully and care for your health.

The Yellowknife Seventh-day Adventist Church invites you to a free community health seminar with Dr. Nadine Plummer, a naturopathic doctor. Learn how to maintain a healthy weight without starving, reduce your risk of chronic disease and cancer, and support your physical and mental well-being. Explore lifestyle changes that can help manage high blood pressure and, for some people, bring type 2 diabetes into remission.

Dr. Plummer's areas of focus include type 2 diabetes, hypertension, post-menopausal health, polycystic ovary syndrome (PCOS), depression, anxiety, cancer prevention, arthritis, chronic disease, cardiovascular disease, dementia and Alzheimer's disease, and fatigue.

Wednesday–Friday, October 7–9: Evening sessions, 6:30–7:45 p.m.

Saturday, October 10: Health session, 9:30 a.m.–12:00 p.m.; potluck lunch, 12:00–2:00 p.m.; questions and answers, 2:00–4:00 p.m.

Location: Yellowknife Seventh-day Adventist Church, 5008 Forest Drive
Admission: Free

Snacks will be served during the evening sessions. For more information, contact Shepherd Nyamhuno at 867-765-8447.

We look forward to seeing you!

Seventh Day Adventist Church

Phone: 867-765-8447

more info is available for this ad at www.yktrader.com