



JUNE 5, 2019

This week, our guest speaker was Dr. Vincent Nair, a family physician and co-owner of the Core Family Health Centre in London. Dr. Nair is married with two sons.

He is also the author of a new book called *Healthier You: A Family Doctor's Guide to the Fundamentals of Better Living*.

Dr. Nair received his MD at the University of British Columbia and has been practising in London since 2008. He is passionate about primary care and has always been interested in the big picture outlook on health and healthy lifestyles.

His tips for a healthier lifestyle are the tips that we have been hearing for years - diet, exercise, no smoking etc.

The ultimate health goal is to live the healthiest life you can enjoy.

Dr. Nair is very keen on vaccinations and not so excited about supplements or screening. Vaccines are the most cost-effective health-care interventions there are. As for screening, one way to become sick is to start looking for something to be wrong.

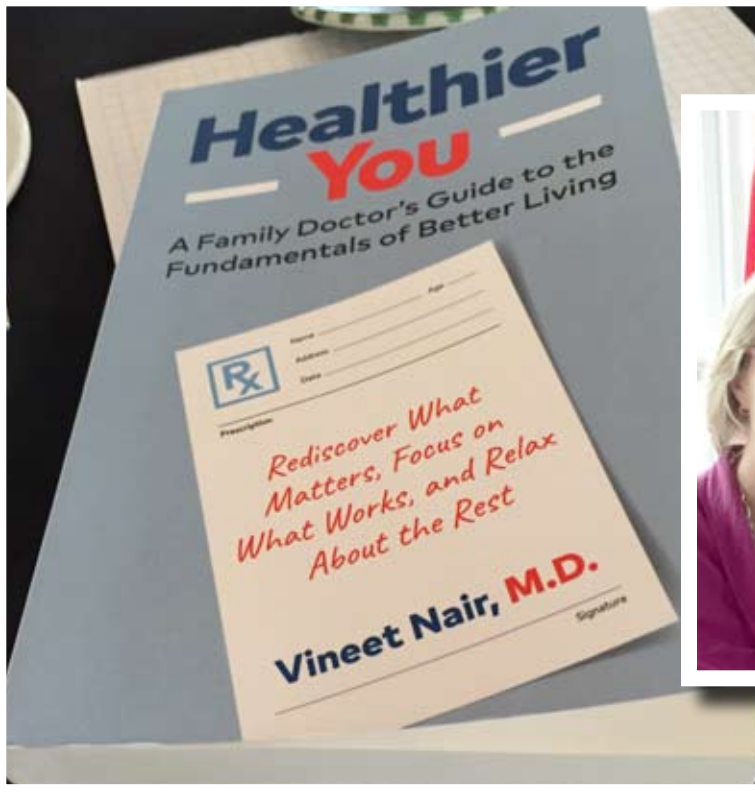
A healthy lifestyle is the smallest number of calories and the greatest amount of exercise that a person can enjoy.

Another point that Dr. Nair made about having a healthy lifestyle is to be happy. Do everything you can to make yourself happier.

His book is available on Amazon.



Guest Speaker Dr. Nair



Above: Dr. Nair's book called Healthier You

Top Right: Acting president Alysson Storey, guest speaker Dr. Nair and Rotarian Diane McGuigan who has just received a copy of the book. She was presented with the book as recognition of her 27 years of service on May 27.

Right: Guest speaker Dr. Nair and his list of Top 10 items about a healthy lifestyle



BIRTHDAYS

Paul Watson
June 3

Karen MacDonald
June 5

Tracey Walker
June 5



Happy Notices

UPCOMING MEETINGS

June 12 Club Meeting

June 19 Paula Reaume-Zimmer
Vice President, CMHA

June 26 Jennifer Hill
Swan Song

July 3 Transition Meeting

July 10 Gerry Jackson

July 17 Linda Eastman
Projects and Global Grants

July 24 Rotary BBQ
Andy Watson's Residence

July 31 Don Adam
Huron House Boy's Home

CLUB ANNIVERSARIES

None this week



Peter Cook, our song leader, has completed Relay for Life for the 3rd time as a survivor. He announced that he has raised over \$1,000 each year to help fight cancer. Way to go, Peter.



The Rotary Club of Chatham gratefully acknowledges the support of Riverview Gaming Centre