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Lakeridge Health Launches Women's Health Collective

DURHAM REGION, ON – March 26, 2026 – Lakeridge Health launched the Women's Health Collective, a new community designed to bring women across Durham Region together to learn, connect, and take control of their health. The Collective represents the next step in a growing movement, one that is breaking down barriers, amplifying women's voices, and reshaping how women access care, knowledge, and support in their communities. The Collective will offer educational sessions on a wide range of health topics, including those often considered taboo, while connecting women directly with health-care professionals, including physicians and community members across Durham Region. It will also provide accessible tools and reliable information to support informed decision-making and help reduce barriers within the health-care system. "At Lakeridge Health, our mission is to support people to live their best health," said Cynthia Davis, President and CEO, Lakeridge Health. "The Women's Health Collective brings that to life, creating space for women to feel heard, supported, and confi-

dent taking control of their health. This is about advancing women's health and building stronger, healthier communities across Durham Region." The launch of the Women's Health Collective builds on the success and momentum of Lakeridge Health's Women's Health Symposium, co-founded by Dr. Nadia Ismiil and Shara Santan. Since launching in 2025, the Women's Health Symposium has sold out two consecutive years, welcoming hundreds of attendees eager to learn and connect. Participants explored key women's health topics, engaged directly with Lakeridge Health leaders, and connected with more than 30 community organizations, highlighting strong and growing interest in more open, accessible conversations about women's health. "As both a physician and a patient, I understand how important it is for women to have access to trusted information and to feel comfortable asking questions, even the difficult or sensitive ones," said Dr. Nadia Ismiil, Deputy Chief of Staff and Chief of Academic Affairs, Research and LHEARN at Lakeridge Health and co-founder of the Women's

Health Symposium. "We know that gaps in knowledge and access can directly impact health outcomes. The Women's Health Collective helps bridge those gaps by creating a trusted space where women can learn, ask questions, and make more informed decisions about their health." "The Women's Health Symposium started with a simple but powerful truth: Women deserve better," said Shara Santan, Senior Director, Strategic Communications at Lakeridge Health and co-founder of the Women's Health Symposium. "We are often decision-makers for our families, yet our own health is too often overlooked. The strong response to our Women's Health Symposiums reflects a growing demand for change across our communities. The Women's Health Collective builds on that momentum, creating ongoing opportunities for women to access the support they need to take control of their health year-round." Residents across Durham Region are encouraged to join the Women's Health Collective to stay connected to upcoming events and ways to get involved.



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Table Rental Is 35.00 Dollars
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New carbon monoxide alarm rules every homeowner needs to know

Clarington has launched a spring public education campaign to help residents understand new carbon monoxide (CO) alarm rules now in effect under Ontario's Fire Code. As of January 1, 2026, all existing homes, multi-unit dwellings, and care occupancies with an attached garage or appliances that use natural gas, propane, oil, or wood must have CO alarms installed on every level of the building and outside every sleeping area. Carbon monoxide is an invisible, odourless, and tasteless gas, which means the only way to know it's present is with a working alarm. More than 65 per cent of carbon monoxide-related injuries and deaths in Ontario happen in the home, according to the Province's carbon monoxide safety guidance – making early detection essential. Clarington Fire and Emergency Services is encouraging residents to take a few minutes to look around their homes and make sure alarms are installed where needed and working as they should. If you're a tenant, notify the property owner immediately if your alarms are disconnected or not working properly. Follow these life-saving habits to protect you and your family:

- Monthly: Test all alarms
- Annually: Replace alarm batteries
- Every seven to 10 years: Replace alarm units (following manufacturer instructions)

Don't ignore the CHIRP! That's your alarm warning you of a low battery or that it's time for a replacement. Take action immediately to stay protected

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