



# JOIN US

Join us either online on Nov 1st, or in-person on Nov 2nd, to celebrate Vitamin D Day when world-renowned researchers and health practitioners will deliver the latest expert information on the role of Vitamin D in health and well-being.

## LEARN MORE:

### ARE YOU GETTING ENOUGH?



@Dvitaman



areyougettingenough.info



Learning objectives for the symposium:

- To increase knowledge of Vitamin D in health and wellbeing
- To understand the importance of Vitamin D testing using various analytical methods
- To appreciate the clinical applications of Vitamin D
- To understand the populations at special risk of Vitamin D deficiency
- To gain knowledge of the interdependence of vitamin D with other nutrients
- To understand Vitamin D sufficiency and its non-calcemic roles in regulating immune function

### Nov 1, 2024

Online only Full-Day Event

\$139 CAD

(Pre-registration required)

### Nov 2, 2024

In-Person only Full-Day Event

\$150 CAD incl. breakfast &

lunch (Pre-registration required)

EMPOWERING HEALTH WITH

# VITAMIN D SYMPOSIUM

ARE YOU GETTING ENOUGH?

(See over for partial list of invited speakers)

Symposium supported by:



Canadian Citizens Care Alliance  
Alliance canadienne pour  
les soins aux citoyens



## TICKETS

Eventbrite.com

Nov 1st  
online event



Nov 2nd  
in-person event



# SYMPOSIUM SPEAKERS

Partial list of confirmed speakers.  
Exact schedule to be confirmed.  
ALSO: Plans underway to receive supporting  
remarks from special guests: **Dr. PK & Dr. MT**



## Dr Reinhold Vieth

Professor Emeritus Faculty of  
Medicine, University of Toronto  
*Keynote address on Vitamin D*



## Dr Michael Holick

(Nov 1 only)

Pioneer of vitamin D research. Countless  
publications, papers, awards, committee  
leadership. Served as Chair for the  
Endocrine Society's Practice Guidelines on  
Vitamin D *"Vitamin D Global Perspectives:  
Past, Present Future"*



## Dr Phil Britz- McKibbin

Professor of Chemistry and Chemical  
Biology, McMaster University  
*"Rapid Normalization of Vitamin D3  
Deficiency in Critically Ill Children:  
Insights into Precision Nutrition"*



## Dr Gerry Schwalfenberg

MD in Family Medicine, Assistant Professor  
in Family Medicine, U of Alberta, Published  
extensively on the topic of Vitamin D  
*"Vitamin D through the Life Cycle"*



## Dr James Lunney

(Nov 2 only)

24 years chiropractic practice.  
Interest in functional medicine,  
orthomolecular approaches, naturopathic  
and energy therapeutics. Former MP, sat  
on Health Committee 6 years  
*"The Role of the Regulator"*



## Dr Niel Karrow

Professor of Immunology and  
Immunotoxicology in Animal BioScience,  
University of Guelph  
*"Genetic and Epigenetic Variants that  
Predetermine Individual Vitamin D  
Status"*



## Dr Byram Bridle

Associate Professor of Viral Immunology  
and Cancer Biology in Pathobiology,  
University of Guelph  
*"The Immune System and Vitamin D"*



## Dr Linda Rapson

Assistant Professor, DFCM, University of  
Toronto Affiliate Scientist of Toronto  
Rehabilitation Institute, Medical Director  
of Rapson Pain and Acupuncture Clinic  
*"Vitamin D and Other Nutrients in Pain  
Management"*



## Dr Aileen Burford-Mason

Biochemist, immunologist and cell  
biologist, widely recognized expert in the  
field of vitamins and their appropriate use  
in health maintenance

*"Diet and Nutritional Supplements for  
MD's and Other practitioners"*



## Dr Armen Charchoglyan

PhD Biotechnology, Molecular and  
Cellular Biology, University of Guelph  
*"Measuring Vitamin D using Mass  
Spectrophotometry, ELISA and Lateral  
Flow Assay: Which Test to Use and  
When"*



## ABOUT OUR INITIATIVE

**Help make all Canadians Vitamin D sufficient!**

We envision 'Are you getting enough?' as a  
nationwide movement that will inspire Canadians to  
become informed about the importance of Vitamin D  
and to take action, both personally and in their  
communities, to make all citizens Vitamin D sufficient.

In recognition of International Vitamin D Day, our two  
symposia (Nov 1st online and Nov 2nd in-person) will  
bring together some of the most important  
international voices in Vitamin D research to enlighten  
those who seek to understand the role and impact of  
Vitamin D sufficiency in health and well-being.

### Pre-registration Required

Nov 1, 2024 - Online Only event (\$139 CAD)  
Nov 2, 2024 - In-Person event (\$150 incl breakfast/lunch)

**Scan QR codes to Learn More & to Pre-Register:**

Nov 1st  
Online event



Nov 2nd  
In-person event  
(Blenheim, Ontario)



(See over for more details  
of symposia & supporters)

[www.areyougettingenough.info/#events](http://www.areyougettingenough.info/#events)