

# Health Sciences <sup>Matters</sup>

FACULTY OF HEALTH SCIENCES ALUMNI MAGAZINE

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## ON HER RHODES TO SUCCESS

Saumya Krishna, BHSc'13 2014  
Rhodes Scholar & Entrepreneur



Western

# A legacy of connections



"I felt I needed a larger institution, a larger faculty. It was a real opportunity to challenge myself, meet some new people and work in new areas," Weese said. The substantially larger Western offered just that.

"There was such potential here. But a significant change effort was required," Weese said. "I am proud to say the situation is completely reversed. Through the support of the university, and the hard work of my colleagues, we have been able to accomplish far more than even I thought possible."

From the start, Weese never wanted to be a dean who managed a "holding tank" for five or six schools to which he simply provided resources. He wanted to build connections.

"A faculty needs to come together as a faculty – academically, programmatically, from a research point of view and, also, socially to get to know each other and build synergies across the faculty and the institution," he said. "That's one of the real hallmarks of the last 10 years. There is a camaraderie, a positive spirit, a confidence that is clearly evident."

He credited university support, colleagues and students for building up the faculty during his tenure. He also nodded to alumni and "outstanding external support," specifically Arthur and Sonia Labatt, who have provided the faculty with millions of dollars for facilities, research chairs and scholarships that have "advanced the faculty in ways that would not have been possible."

Sport and Recreation, including all Mustang Athletics, also fell under Weese's purview. The sport management researcher, who also happens to be a former university athlete, coach and athletic director, drew particular joy from that area.

"Getting to know our student-athletes, seeing them on campus, and then watching them compete on the weekends – I love going to the games and seeing these student-athletes give it their all knowing that, yes, there will be a winner and a loser, but the teamwork, the involvement and the stretching of their abilities to a point there never thought possible was worth it all."

A lifelong student of leadership, Weese has been as willing a mentor as he has been a mentee to those he respects. He measures his success, in part, by the success of those around him.

"I take great pride in seeing people develop," Weese said. "I have graduate students of mine who are now professors, former faculty members in roles as deans and, of course, our students, who go on to great things, all across the country. That's one of the great things about our job – we get to watch people go on and do amazing things with great pride and admiration."

"I think it's really important to invest in people," Weese said. "Leadership succession is really important. We don't get to anoint our successors, but we can certainly see to it that people are ready to assume these roles. I am very proud of our record of doing that."

Weese isn't the kind of leader who'll have a clean 'to-do' list when he walks out the door. He wishes he could have seen that 'next project' through to completion. "We got an awful lot accomplished, but there are a few things I would like to have had done," he said.

He would love to have cut the ribbon on the Nursing-FIMS Building, as well as push through much-needed renovations to Thames Hall. "I love the external look of Thames Hall, and I love its geographic position in the heart of campus," Weese said. "I wish I could have been able to get that renovated on my watch. It's on the list; it'll happen and it'll happen soon."

Going forward, Weese hopes to stay in academic leadership, either in a senior leadership role or back teaching and researching sport management or leadership. The next challenge, whatever it may be, is a matter of what connections he wants to make.

And to Weese, the timing of his next challenge couldn't be better.

"I would rather leave loving the job, and people wanting me to give a little bit more, than staying too long," he said. "We all have a shelf life, and I want to make sure I leave before my 'best before' date hits."

## Changing of the guard



JAYNE GARLAND HAS BEEN APPOINTED TO A FIVE-AND-A-HALF-YEAR TERM AS DEAN OF HEALTH SCIENCES, EFFECTIVE JAN. 1, 2016.

Garland arrives from the University of British Columbia (UBC), where she currently serves as professor and head of the Department of Physical Therapy. Prior to joining UBC in 2009, she was a member of Western's Faculty of Health Sciences since 1989, including eight years as director of the School of Physical Therapy (2000-08). Prior to her faculty appointment at Western, she was a postdoctoral fellow at the University of Arizona and practiced physiotherapy in Kitchener-Waterloo.

A researcher in the fields of motor control and stroke rehabilitation, Garland is best known for her study of the motor control of force production, particularly under conditions of muscle fatigue, and for applying that work to several clinical populations, including breast cancer, stroke, chronic obstructive pulmonary disease and end-stage renal disease.

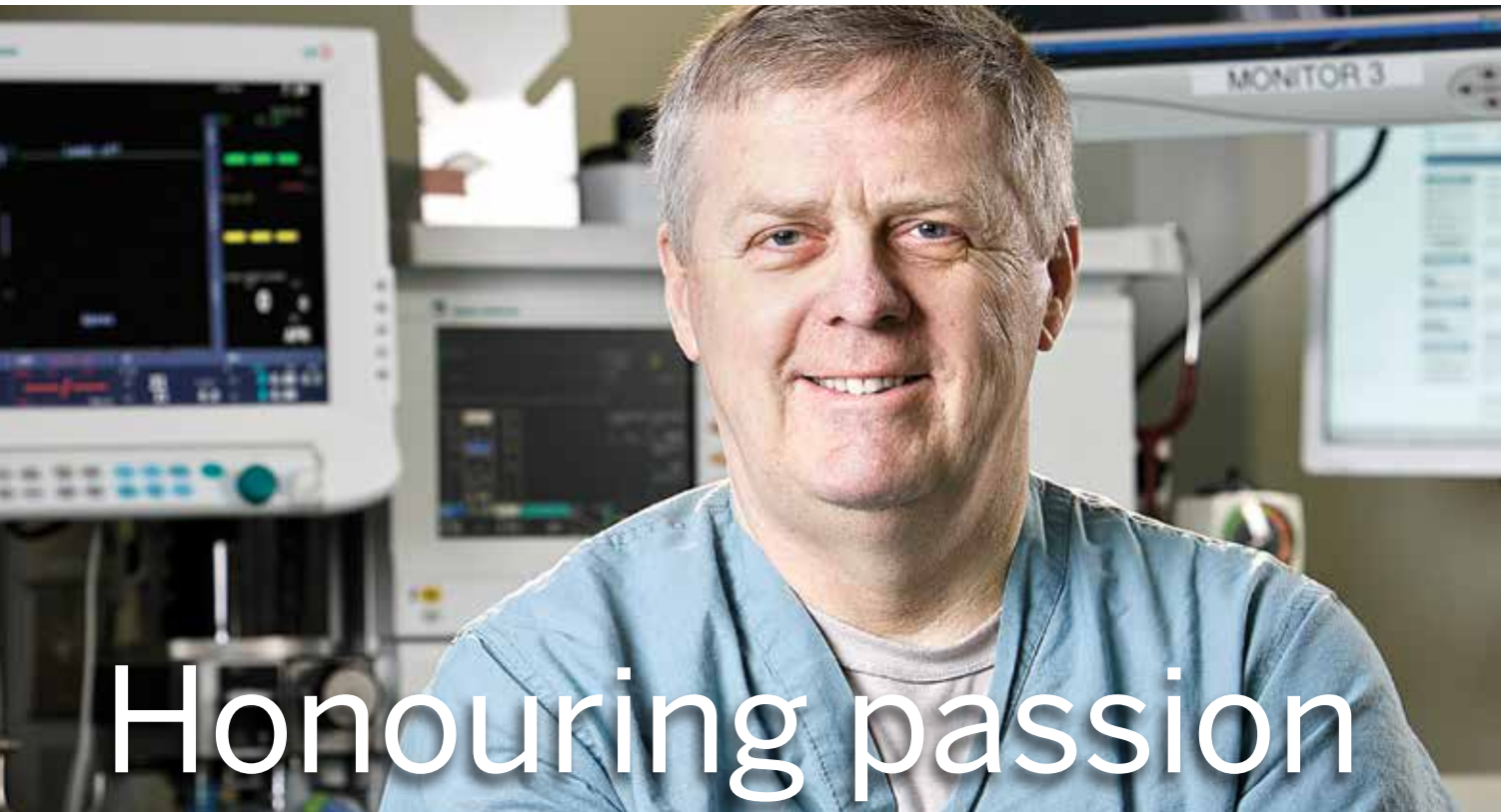
In addition to being a registered physical therapist with the College of Physical Therapists of British Columbia, Garland earned her BSc in physical therapy from Queen's University in 1981, MCIsc in physical therapy from Western in 1985 and a PhD in neuroscience from McMaster University in 1989.

### JIM WEESE NEVER EXPECTED TO BE AT WESTERN FOREVER.

"I have always viewed these jobs as temporary," said the outgoing Health Sciences dean. "You commit to these roles – fully. But for me, 10 years is the absolute maximum. It's always good to have a new voice and new ideas. But it has been a great run – a real privilege to be dean."

At the end of December, Weese will leave a post he has held since 2004. As he reflects back on his tenure, he revisits a theme of connections – between faculty, students, administrators, even alumni and donors. These connections he'll remember; these connections will serve as his legacy.

Weese arrived at Western from the University of Windsor, where he had been dean of Human Kinetics for seven years, when he was recruited down the 401 to be Western's dean of Health Sciences.



# Honouring passion for research

A RENOWNED PHYSICIAN. AN INQUISITIVE SCIENTIST. A TOUGH ATHLETE. AND A PROUD WESTERN ALUMNUS. DR. JAMES (JIM) ROTH SUMMED UP EVERYTHING IT MEANT TO BE 'PURPLE AND PROUD.'

And now, in honour of his legacy, more than 110 former colleagues, teammates, friends and family have donated \$1.5 million, which is being matched by Western University for a total of \$3 million, to establish the James Roth Research Chair in Musculoskeletal Measurement and Knowledge Translation. The chair will be based in the Faculty of Health Sciences' School of Physical Therapy and cross-appointed with the Schulich School of Medicine & Dentistry.

According to Roth's wife, Barb, seeing her husband's research being carried on by others would have made him very happy. "The James Roth Research Chair is a great honour to Jim's legacy," she says. "Clinical

research was a passion of his and a critical part of his success as a surgeon. The girls and I are so proud of him and we are pleased this research will continue on in his name."

Prior to his death in 2013, Roth worked tirelessly to expand his standing as an international leader in upper extremity research and clinical innovation at Western.

Along with Dr. Robert McFarlane at St. Joseph's Health Care, Roth co-founded the Hand and Upper Limb Centre (HULC) in 1992 and served as its medical director since its inception. The centre has grown to be the largest of its kind in Canada, with an international reputation for its research and teaching excellence.

Roth came to Western as an undergraduate student in Chemistry in the early 1970s. After only two years, he was accepted to medical school, all while playing varsity rugby and football. He excelled during medical school receiving the Lange Award as a graduating Western medical student with one of the highest scores in his class.

After completing an internship in British Columbia, he returned to Western, encouraged by Dr. Jack Kennedy, to join the Orthopaedic Residency training program. While in residency, he did pioneering research on a synthetic ligament for the knee. The Ligament Augmentation Device was subsequently marketed by 3M.

Under Roth's leadership, HULC scientists developed several new techniques for computer-assisted surgery and surgical innovation, leading to advances in surgical mechatronics, joint design, wound-healing and limb re-implantation.

"Jim and I had many discussions about advancing research and building greater synergy between the Hand and Upper Limb Centre and the Faculty of Health Sciences," says Jim Weese, Health Sciences dean. "I am delighted to have this research chair named in his honour. He was a great leader, a brilliant surgeon and a strong academic.

The Roth Chair will focus on surgery and rehabilitation of hand and upper-limb disorders, including the creation of a facility for the development of musculoskeletal diagnostic tools, bringing them from innovation to practice.

"His legacy lives on in what he has built, and also through the work of this chair, which aligns perfectly with the recent announcement of the Cluster of Research Excellence in Musculoskeletal Health," says Weese.

This new position will complement the work of existing chairs, including the J.C. Kennedy Chair in Orthopaedic Surgery, which Roth spearheaded in creating, the Graham King Musculoskeletal Research Chair and the Sandy Kirkley Chair in Musculoskeletal Research.

## THE ROTH CHAIRHOLDER

Professor **Joy MacDermid** has been appointed as the James Roth Research Chair in Musculoskeletal Health. She began her role at Western on July 1 and joined the School of Physical Therapy.



Her research projects focus on developing, and transferring into practice, the best evidence for prevention, assessment and management of musculoskeletal injuries and disorders.



WESTERN IS MAKING A \$5 MILLION INVESTMENT THAT WILL POSITION IT AS A GLOBAL LEADER IN BONE AND JOINT RESEARCH.

The new Western Cluster of Research Excellence in Musculoskeletal Health is expected to drive high-impact interdisciplinary research with the goal of providing life-long mobility.

The cluster, which includes 70 researchers from across the university, will study conditions such as arthritis, osteoporosis, trauma, and work, sport and exercise-related injuries.

Among the key players in Western's newest research cluster is Physical Therapy professor, Trevor Birmingham, who is co-director of the Wolf Orthopaedic Biomechanics Laboratory and holds a Tier 2 Canada Research Chair in Musculoskeletal Rehabilitation. Birmingham's research focuses on the development and evaluation of interventions to improve physical function in individuals with musculoskeletal conditions.

Discoveries will lead to new preventive, rehabilitative, medical and surgical therapies, diagnostic techniques, and medical and assistive devices. The cluster will emphasize innovative health care policies, economic efficiency and the development and transfer of intellectual property to private sector partners, with the goal of developing local industries.

# Moving nursing

## into the future

by Julian Uzielli



### CONSTRUCTION HAS BEGUN ON A NEW BUILDING FOR WESTERN'S ARTHUR LABATT FAMILY SCHOOL OF NURSING.

The 130,000 square foot, \$41-million facility, will be shared with the Faculty of Information and Media Studies (FIMS) and located directly north of the existing Arthur and Sonia Labatt Health Sciences Building (at the corner of Lambton and Huron Drives). Slated to open in early 2017, it will feature increased classroom and clinical training space, seminar rooms, graduate student research space, leadership offices and collaborative learning spaces.

Nursing and FIMS will each occupy separate wings of the building. The structure will be vaguely V-shaped with a courtyard in front and a 'green roof,' meaning the roof will be at least partially covered with plants.

Currently housed in the Health Sciences Addition, Nursing's new home will be a four-storey structure that brings it closer to its home faculty, Health Sciences.

"We couldn't be happier with the plans for the new building," said Mary Anne Andrusyszyn, director of the Arthur Labatt Family School of Nursing. "The building is designed in such a creative way – especially from a physical space standpoint. It will do a tremendous job of profiling both Nursing and FIMS."

The design process began with consulting members of the campus community and placed an emphasis on integrating communal space and utilizing natural light.

"From the survey we did, the demand and call for common space – breakout space, loungy informal space – was about 50 per cent, showing up in people's

responses of what's missing," said Tom Robinson, principal at Tillman Ruth Robinson, the project's lead architect. "I think what we've got cooking here is a pretty dynamic building that is going to be very animated from the outside."

In addition to bringing the Arthur Labatt Family School of Nursing physically closer to colleagues throughout the Faculty of Health Sciences, it will also create a closer connection with the existing Nursing Simulated Clinical Education Suite, which is located on the third floor of the Health Sciences Building.

The Arthur Labatt Family School of Nursing is home to approximately 1,200 students spread throughout its two undergraduate and four graduate programs. According to Andrusyszyn, the new building will transform the type of education nursing students will receive.

"The type of space available to us in our new home will allow tremendous flexibility in how we structure our academic programs," she said. "We take pride in training first-class practitioners and scholars, and the synergies created in this building give us the opportunity to maximize the skill of our outstanding instructors and professors, and the potential of our students."





# Reaching out

## into the world

**COMMUNICATION SCIENCES AND DISORDERS PROFESSOR JACK SCOTT HAS BEEN NAMED THE 2015 WESTERN HUMANITARIAN AWARD WINNER** – so honoured for his First Nation Hearing Health program, which addresses hearing health issues in James Bay First Nations communities.

Established in 2010, the Western Humanitarian Award recognizes faculty, staff and students, who are engaged in a range of efforts directed toward improving the quality of life for individuals and communities around the world. Funded by the Office of the Vice-President (Research), this award provides a maximum of \$5,000 in support of humanitarian efforts as chosen by the recipient.

Substantial hearing health issues in James Bay First Nations communities, combined with reduced access to specialized hearing health services, continue to create education and quality-of-life challenges for residents. Enter the First Nation Hearing Health program, led by Communication Sciences and Disorders professor Jake Scott.

Scott's program looks to increase accessibility to health services for these underserved areas, as well

as train future audiologists in the skills necessary to implement hearing health outreach programs. This program has highlighted the importance of hearing health issues to teachers, administrators, health-care staff, elders and community members. It has also provided opportunities for, thus far, nine Clinical Audiology graduate students, who have learned methods for implementing outreach programs in underserved communities.

"His direct, on-site supervision of our graduate students in audiology with clients from First Nations communities is nothing short of spectacular," wrote J.B. Orange, Director of the School of Communication Sciences and Disorders, in his letter nominating Scott for the award. "This program of his, run for over five years in parallel to a similarly newly developed clinical placement for our graduate students in Speech-Language Pathology, is a model of success that is well-acknowledged by our dean of the Faculty of Health Sciences, by folks in our central administration and by peer-reviewers.

"I am very proud of Jack's distinguished efforts in teaching our students about and showing them the real hearing issues among Canada's First Nations Communities."

# Believing in the power of play

**KIM SIMPSON BELIEVES IN THE POWER OF PLAY FOR PEOPLE OF ALL AGES...AND SHE PRACTICES WHAT SHE PREACHES.**

A program director with GoodLife Kids Foundation, she developed the GoodLife4Kids School Program, which partners with elementary schools across Canada to help students learn early fitness skills.

Through extensive research and consultation, Simpson, BA'02 (Kinesiology), MSc'08, PhD'12 (Health & Rehabilitation Sciences), designed the program to help children in grade four increase their physical literacy and set the foundation for a lifetime of physical activity.

"Grade four is especially important as it is typically a transition year in the curriculum where students begin to learn more complex physical activity skills," said Simpson. "We want fitness to be one of those skills."

With the goal of "making fitness fun", the program launched in January 2015 as a pilot in nine communities across Canada and, through the success of GoodLife's Spin4Kids fundraising initiative, is offered at no charge.

"Working on a project dedicated to the health and wellbeing of Canada's children is such a reward," said Simpson. "At the core, we are dedicated to removing some of barriers currently holding children back from living a healthy life."

Simpson's master's and doctoral research focused on creating a better understanding of the factors influencing child and youth health. With such a strong evidence-based background, she allowed the literature to guide her through putting together the GoodLife4Kids program.

"We know that only 5 per cent of children between the ages of 5 and 17 are getting the recommended 60 minutes per day of moderate to vigorous physical activity," said Simpson, referring to the 2014 Active

Healthy Kids Canada Report Card. "We are striving to get kids to spend more of their time involved in unstructured play and hope this program gives them the tools to truly enjoy being active."

Simpson doesn't just suggest that others get moving and be active. In addition to her role running GoodLife4Kids, she is also a group fitness instructor who was recently named one of GoodLife's top 10 across Canada and loves seeing others experience all the benefits that come from physical activity.

"It isn't just about the physical aspects of being active," she said. "There are so many psychological benefits that come along with making fitness part of your daily routine."



# On her Rhodes to success

## ONE TELEPHONE CALL CHANGED EVERYTHING.

## SITTING DOWN TO DINNER ONLY HOURS AFTER HER OFFICIAL RHODES SCHOLAR CANDIDATE INTERVIEW, SAUMYA KRISHNA'S PHONE RANG. SHE KNEW THE CALLER, BUT NOT THE OUTCOME.

Answering, she got word: She had been named among 11 Canadian members of the 2014 class of Rhodes Scholars.

"I was overjoyed and honoured," Krishna said, "and almost speechless."

With 83 members from around the world named to the 2014 class, Rhodes is the world's pre-eminent graduate student award, offering two years of all-expenses-paid postgraduate study at Oxford University. Its 110-year tradition includes three Nobel Prize winners, as well as former Canadian Prime Minister John Turner and former U.S. president Bill Clinton.

"I am very humbled by this. I was surrounded by exceptionally talented finalists, who were also down-to-earth and genuine people," she said. "I've realized the Rhodes Scholarship is beyond anything that can be 'won' or 'deserved.' It is a gift. I feel very fortunate to have been selected for it. I know a lot of responsibility comes with an opportunity, a privilege such as this.

"I am still thinking about how to live up to it."

Now entering her second year at Oxford, Krishna, BHSc'13, was born in India, immigrated to Canada when she was 3 – living in Vancouver and, later, Ottawa.

As time to pick a university drew near, she visited a number of institutions across the country. Only at Western, however, did she find a place that "felt at home."

"It was the community, the warmth that was really special to me," Krishna said. "It really felt like home. The people were open, and immensely helpful. Western felt like it was a real student-centred environment."

She arrived on campus with her mind set on medicine and "a solid four-year plan on how to get there."

That plan didn't survive her first year thanks, in part, to Health Studies professor Jessica Polzer's Social Determinations of Health course. "That class was such a revelation for me; I realized how much that type of discussion inspired me," she said. "I wanted to branch out and explore new fields."

Since that experience, Krishna embraced the liberal-arts education ideal throughout her time at Western.

"Undergrad is such a valuable opportunity to open your mind, explore new horizons and things you have never explored before. There is always time to specialize later," she said. "I like to look at an issue from many different perspectives – a critical perspective, a structural, a feminist, even a philosophical perspective.

"Having those lenses in your toolkit helps you understand the nuances of an issue."

Predictably, the list of Western honours and accomplishments for Krishna, the university's 22nd Rhodes Scholar, is impressive.

Awarded Western's prestigious Richard and Jean Ivey Family President's Entrance Scholarship, Krishna was a Western National Scholar. She was president of the student group Rebuilding Health in Rwanda, a member

**22** Saumya Krishna is the 22nd Western graduate, and first from the Faculty of Health Sciences, to earn a Rhodes Scholarship.



of the Faculty of Health Sciences Students' Council, production manager of the Western Undergraduate Research Journal and a volunteer facilitator for the Violence Prevention Program. Named among Canada's Next 36 in 2011, she was a co-founder of the Youth Social Innovation Capital Fund, helping provide early-stage financing to young social entrepreneurs.

Upon graduation, Krishna was named a Gold Medal Winner at Spring 2013 Convocation for highest average of any graduating Health Sciences student in an Honors Specialization Scholar's Electives module. She has mentored FHS National Scholarship recipients and students in the Scholars Electives program in incoming classes behind hers, as well as participated in Alternative Spring Break.

While her time at Western is complete, the experience won't soon leave her.

"I'll miss the people most at Western," she admitted. "These were the best conversations, some of the greatest conversations of my life."

## ABOUT THE RHODES SCHOLARSHIP

The Rhodes Scholarships are postgraduate awards supporting outstanding all-round students at the University of Oxford, and providing transformative opportunities for exceptional individuals.

Established in 1903 under the will of Cecil Rhodes, the Rhodes is the oldest and perhaps the most prestigious international graduate scholarship program in the world. A class of 83 Scholars is selected each year from: Australia, Bermuda, Canada, Germany, Hong Kong, India, Jamaica & the Commonwealth Caribbean, Kenya, New Zealand, Pakistan, southern Africa, United States, Zambia and Zimbabwe.

Source: [www.rhodes.ox.ac.uk](http://www.rhodes.ox.ac.uk)

# The politics of employment

by Wayne Newton



young, who are often forced into situations such as unpaid internships.

“There’s evidence more and more people are being affected by precarious work,” he said. “The share of Ontario’s workforce that works for minimum wage has increased dramatically.”

The lack of available jobs and significant competition for jobs which do exist are creating new dynamics which concern Grundy.

“In Ontario, the non-unionized workforce is growing and these people are reliant on the Employment Standards Act for protection. But there’s growing evidence there are problems with enforcement of that act, and that violations are common in the lower end of the labour market,” he said.

Too often, workplace rights violations go unreported or are not reported until the complainant has left the job. Part of the solution, Grundy suggests, is a more proactive enforcement model instead of investigating by complaint.

Looking at London, specifically, underemployment following the loss of good-paying manufacturing jobs is a significant problem, along with ageism in hiring practices and youth unemployment.

“There was an assumption the retail sector could absorb some of the people, but that’s going by the wayside now,” Grundy said. “The unemployment rate is coming down, but long-term unemployment is remaining high.”

Enforcement of employment standards is only one area of concern for Grundy. The other is the federal government’s employment insurance system, which he said is increasingly looking like workfare.

“It’s been eroded over the course of several decades and further reforms were made recently that are putting pressure on people to accept jobs of lower pay,” he said. “It’s been re-jigged to force more people into low-pay work and I don’t think people realize that.”

WITH A FEDERAL ELECTION AROUND THE CORNER, EMPLOYMENT ISSUES ARE LIKELY TO BE HOT TOPICS OF DEBATE DURING THE 11 WEEKS OF CAMPAIGNING.

John Grundy, a postdoctoral scholar in the School of Occupational Therapy is hoping his research might inform the policy of those elected to office and lead to more effective approaches to workplace regulation.

Grundy arrived on campus in November 2014 to work with professor Debbie Rudman and further his research into improving workplace protections for those in so-called precarious jobs, hallmarks of which include minimum or low wages, erratic scheduling and limited access to benefits.

Precarious employment is rising in Ontario, particularly among new Canadians, who are unwilling to complain about their situations, and among the

# Get moving to quit smoking

TOBACCO USE KILLS MORE THAN FIVE MILLION PEOPLE PER YEAR AND SMOKING IS THE WORLD’S SINGLE MOST PREVENTABLE CAUSE OF DEATH.

As a result, researchers at Western University are now actively combating cigarette cravings through exercise and a new study has delivered promising results.

In the study, graduate students Amelia Tritter and Lyndsay Fitzgeorge, along with Kinesiology professor Harry Prapavessis successfully alleviated cigarette cravings and withdrawal symptoms for a group of 30 habitual smokers by combining the use of nicotine lozenges with moderately-intense sessions of exercise.

Study participants that satisfied cravings using only nicotine lozenges reduced their cravings by 30 per cent while participants that combined nicotine lozenges with exercise reduced cravings by 45 per cent.

The findings were published by *Psychopharmacology*, an international journal that covers the broad topic of how drugs affect behavior.

Nicotine lozenges have a proven track record for relieving cigarette cravings but previous studies have shown that relapses occur and may not be a long-term solution. Additionally, a single session of exercise has also produced positive results in craving reduction but smokers maintaining a fitness program following initial attempts have often proved difficult.

Tritter, Fitzgeorge, and Prapavessis set out to prove that combining both effective therapies would yield higher craving relief and the results were impressive.

“We were interested in combining different treatments in an effort to maximize craving relief because we know that it’s the cravings that play such a big role in why someone relapses,” explains Prapavessis, who serves as director of Western’s Exercise and Health Psychology Laboratory.



Prapavessis noted that the recommended intensity of exercise was achievable for any able-bodied individuals and the duration would last no more than 10 to 15 minutes.

“Based on these findings, we would highly recommend smokers who attempt to quit employ both nicotine lozenges and exercise simultaneously to maximize reductions in cravings,” says Prapavessis.

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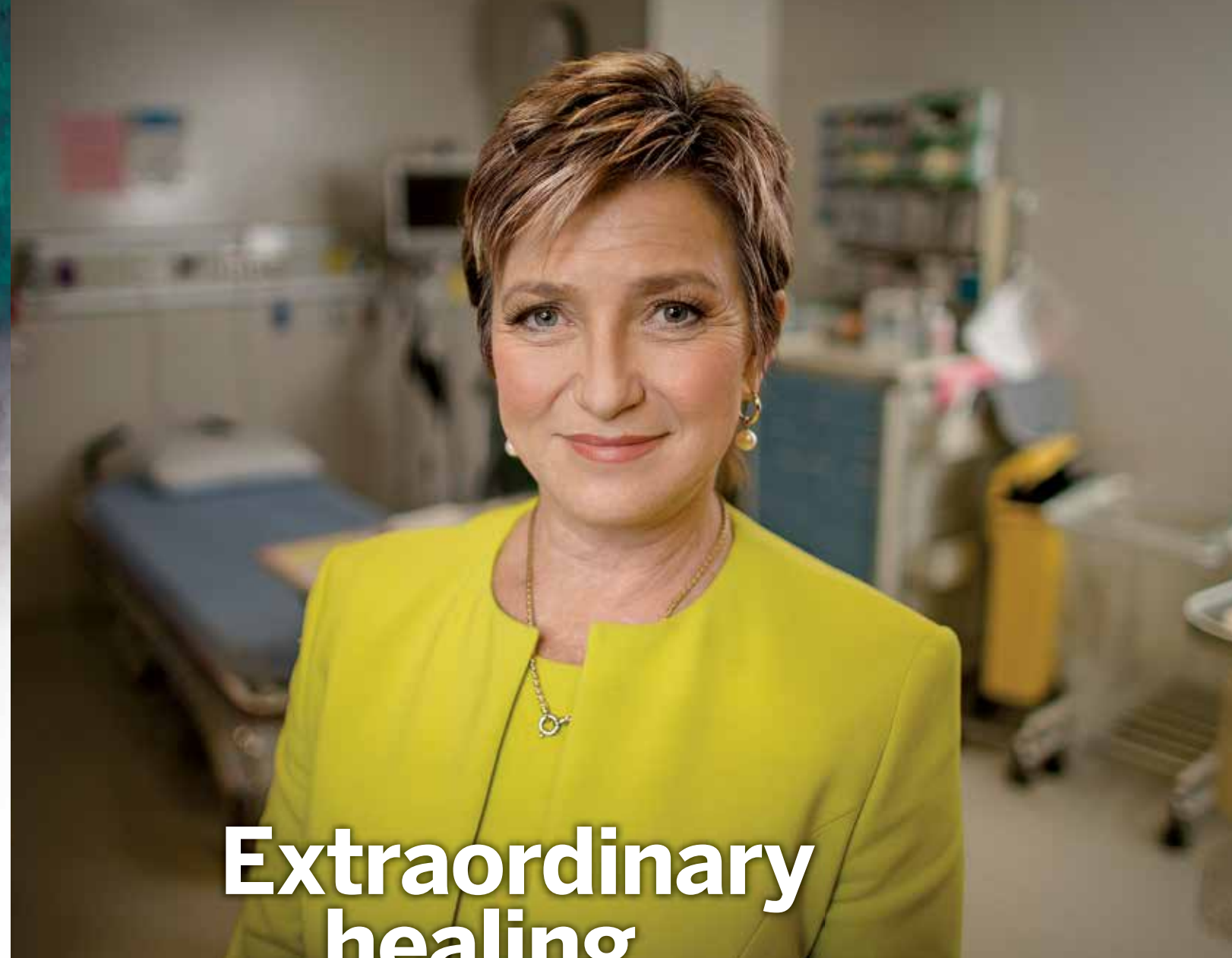
Dinner - 6:30 p.m.

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