



**Dr. Gulzar Cheema, MBBS, LMCC, CCFP, FCFP**

**Chief Medical Officer**

Dr. Cheema, MBBS, LMCC, CCFP, FCFP, was elected in B.C. in May 2001 to represent the riding of Surrey-Panorama Ridge. On June 05, 2001 Dr. Gulzar Cheema was appointed as a member of the Executive Council for the Government of B.C. as Minister of State for Mental Health. On January 26, 2004, he was appointed as a member of the Executive Council for the Government of B.C. as Minister of State for Immigration and Multicultural Services. He was also a member of the Legislative Assembly in Manitoba for five years and served as critic for health. He has also practiced medicine in Winnipeg and rural Manitoba. He received his bachelor of medicine and surgery from India's Punjab University, interned at the University of Newfoundland and was a resident at Saskatoon's University Hospital. In 1992 he was awarded the Canada 125 Medal for community service. To promote the health and welfare of the community, Dr. Cheema participates weekly on local multicultural radio talk shows.

At present he is practicing family medicine in Surrey, BC and is a Clinical Assistant Professor for the Department of Family Practice.

He is the first Indian born person to be elected as a MLA in Canada.

**Session:** *Introduction to stroke and self-management*

- Objectives:**
1. What is stroke and what are my risk factors?
  2. How can I reduce my risk of stroke?
  3. Transitioning from medications acquired overseas to Canadian medications
  4. How can managing my chronic disease reduce my risk of stroke?
  5. At-home self-management tips better manage chronic conditions

**Date:** Day 1 – Saturday, March 26, 2022