



**The Women's Probus Club of
North Shore Vancouver**

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February 2026

NEWSLETTER

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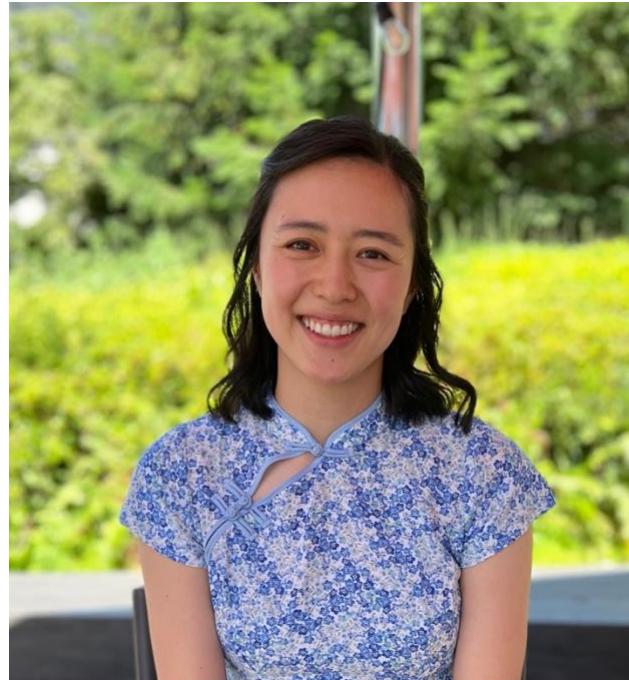
Tuesday, 17th February, 2026 at 10 am

West Vancouver Yacht Club - 5854 Marine Drive, West Vancouver

Tuesday February 17, 2026 Dr. Vivien Cao

Stroke Awareness for women

Vivien Cao holds a Bachelor of Science in Pharmacy from the University of British Columbia (2017) and completed a hospital pharmacy residency with Lower Mainland Pharmacy Services in 2018. She earned a Doctor of Pharmacy degree from the University of Alberta in 2019. Since then, Vivien has practiced at Vancouver General Hospital as a Clinical Pharmacy Specialist in Neurology, with a focus on optimizing medication therapy and supporting interdisciplinary stroke care.



Dr. Cao's session will provide an overview of stroke, examine the evolving evidence surrounding estrogen and its role in stroke risk, and discuss how stroke may present differently in women. This talk aims to deepen understanding of sex-specific factors in stroke mechanism and treatment, and highlight opportunities for improved recognition and outcomes.

Guests are welcome at our Speaker Events – Guest fee is \$20 per person

After two meetings, guests are encouraged to become members.

The 2025/26 semi-annual fee starting in February is \$55.00 + \$15 for name tag.

2025-26 Season of Speakers		
2026		
Tuesday, 17 February, 2026	Dr. Vivien Cao, Clinical Pharmacy Specialist, Neurology	Stroke Awareness for Women
Monday, 16 March, 2026	Keri Phoenix, Director, Innovative Travel Solutions, Vancouver International Airport	Digital Transformation at YVR
Monday, 20 April, 2026	Ms. Eve Lazarus, Writer and Author	Marine Disasters of the Last Century, The sinking of the Empress of Ireland and the Titanic
Tuesday, 19 May, 2026	Fiona Dalton, President and CEO Providence Health Care (St. Paul's Hospital)	The Future of St. Paul's Hospital and Providence Health Care
Monday, 15 June, 2026	Dr Andrew Trites, Director, Marine Mammal Research Unit, UBC Institute for the Oceans and Fisheries	"Touched by a Killer Whale"

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We acknowledge the opportunity to live, work, play and learn on the traditional territory of the Squamish (skw̱xwú7mesh), Tsleil-Waututh (seḻílwitulh), and Musqueam (xʷməθkʷəy̓əm) peoples.