



HEALTH
ASSOCIATION
NOVA SCOTIA

Cyber Security Lunch & Learns

We are excited to host a series of Lunch & Learns for our members throughout Continuing Care Month. These sessions will be facilitated by John O'Brien, our Manager of Business Operations, and Information Technology expert.

Sessions & Dates:

Tuesday, Oct. 6, 2026 - Cybersecurity Fundamentals for Leaders and Staff

- Understand key cybersecurity concepts and terminology.
- Recognize why cybersecurity matters in healthcare and continuing care settings.
- Identify individual responsibilities in reducing organizational risk.

[!\[\]\(003082e50e3009141f59bd5df831749f_img.jpg\) Register Now](#)

Tuesday, Oct. 13, 2026 - Common Threats, Phishing & Practical Risk Reduction

- Identify common cyber threats.
- Recognize phishing attempts and social engineering tactics.
- Apply simple strategies to reduce organizational risk.

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Tuesday, Oct. 20, 2026 - Governance & Organizational Cybersecurity

- Understand leadership and governance responsibilities.
- Explore policy, risk management, and incident response considerations.
- Learn how cybersecurity fits within organizational oversight.

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Thursday, Oct. 29, 2026 - AI, Cybersecurity & Emerging Opportunities

- Understand emerging AI-related risks.
- Explore safe and responsible AI use.
- Identify opportunities to use AI while protecting privacy and security.

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**SESSIONS WILL BE HELD VIA MICROSOFT TEAMS
FROM 12:00PM TO 1:00PM**

Questions?



[**contactus@healthassociation.ns.ca**](mailto:contactus@healthassociation.ns.ca)