

# Managing Mood: Using Nutrition and Exercise Interventions

A Workshop For Clinicians To Implement Nutrition and Exercise Strategies for Mood Disorders

## Saturday November 21, 10am-1pm

### Course Objectives:

- Identify key nutritional approaches to mood disorders
- Summarize vital exercise approaches to mood disorders
- Highlight key online tools for nutrition and exercise
- Review how to present nutrition and exercise strategies



**Who Should Attend:** Family Physicians, Psychiatrists, Nurses, Occupational Therapists, Psychologists, Social Workers, Counsellors, Therapists

**Faculty:** Event Chair - Dr. Sagar Parikh, Professor of Psychiatry

**Ms. Elke Sengmueller**, Registered Dietitian of 18 years, and a published author on the topic of promoting mental health through nutrition, Elke will share insights from her vast experience on helping patients improve their mental health and well-being.

**Dr. Catherine Sabiston**, Associate Professor at The University of Toronto, and Canada Research Chair in Physical Activity and Mental Health, Dr. Sabiston will share the latest findings, methods and tools for how your patients can use physical exercise to improve mental health and well-being.

**Location:** Toronto General Hospital, 200 Elizabeth Street, Toronto, ON M5G 2C4. Room: EN1-429 & 430

Please Register Here: [diet-exercise-for-mood.eventbrite.ca](https://diet-exercise-for-mood.eventbrite.ca)