

# Managing Mood: Using Nutrition and Exercise Interventions

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

## Saturday February 6, 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. Erin Michalak, Associate Professor of Psychiatry, UBC

**Dr. Karen Davison**, Registered Dietitian, with expertise in nutrition, psychiatry and public health will share insights from her research and experience in helping clients improve their mental health and well-being.

**Dr. Guy Faulkner**, Professor and CIHR-PHAC Chair in Applied Public Health at the University of British Columbia, with expertise in the relationship between physical activity and mental Health, will share the latest findings, methods and tools for how your clients can use physical exercise to improve mental health and well-being.

**Location:** Vancouver General Hospital, Jim Pattison Pavilion, Paetzold Multipurpose room (JPPN 1888 MPR), 899 West 12th Avenue, Vancouver, BC.

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