

7th International Seminar Invitation

Physical Activity and depression: the latest evidence

Presenter: **Dr Andrea Dunn**

Dr Andrea Dunn is a Senior Behavioural Scientist at the Cooper Institute, Denver Campus. Andrea has worked for many years in developing and evaluating behavioural interventions to promote physical activity and is one of America's leading scientist working in public health approaches to physical activity promotion. Her particular interest and expertise is in the relationship between mental health and physical activity. Andrea will be speaking on the ground breaking research she is involved in, presenting the evidence for the effects of physical activity in reducing depression, physical activity dose-response issues, and the increasing importance of physical activity in enhancing overall mental health and well being.

Private and public partnership to promote physical activity: Do 1.3 million pedometers in cereal boxes make a difference?

Presenter: **Cora Craig**

Cora Craig is President and CEO of the Canadian Fitness and Lifestyle Research Institute in Ottawa. The Institute is engaged in a variety of primary research, including measurement development, intervention and epidemiological research. The Institute also communicates research findings to policy-makers, practitioners and the general public. Cora conducts and oversees the national annual physical activity surveys in Canada. Her research interests include examining the factors in the physical and community environment that are supportive of physical activity and health. In addition, she conducts large scale evaluation and research projects around physical activity in the Canadian populations.

Date: November 24, 2004.

Time: 5:30 pm - 7:00 pm

Location: **Eastern Avenue Lecture Theatre, University of Sydney**
There is unreserved metered parking available on campus at \$2 per hour.
The coordinates for the venue are 18K on the map at:
<http://db.auth.usyd.edu.au/directories/map/largemap00a.html>

Cost: Nil - All are welcome but please RSVP

RSVP: Cathie Kiernan (cathiek@health.usyd.edu.au) by 19/11/04

*Note: for rural people in NSW, we will endeavour to record/video the meeting.
Please email Cathie if you would like a copy.*

NSW CENTRE FOR PHYSICAL ACTIVITY AND HEALTH

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