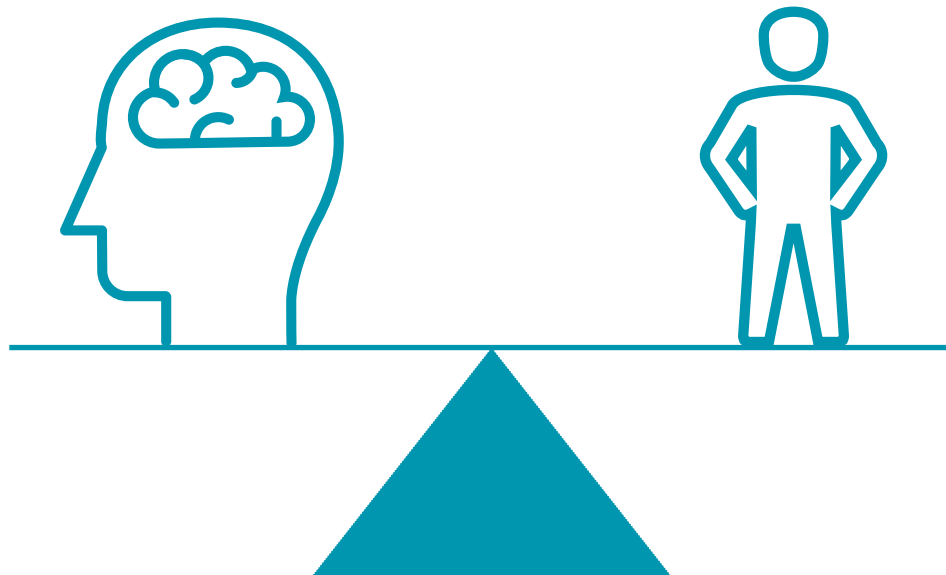


Professional  
development  
event



# The Mind and Body Balance

## Understanding the Role of Physical Health in Mental Illness

Join us for an engaging and informative evening featuring guest speakers **Dr Joe Firth** and **Scott Teasdale (PhD)** addressing the latest evidence on physical activity, nutrition and mental illness. The evening will provide clinicians with valuable information on how to provide effective individualised care to people living with a mental illness.

The event is proudly supported by Metro South Health Rehabilitation Academic Clinical Unit and is ideal for allied health, nursing and medical staff, mental health workers and students.

**When:** Monday 10 September 2018, 5.30pm - 9.30pm

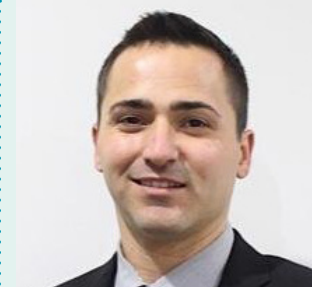
**Where:** Translational Research Institute (TRI), Seminar Room 2003-2004, 37 Kent Street, Woolloongabba, QLD 4102

**Cost:** \$25 (Metro South Health staff) \$35 (all other attendees).



**Dr Joe Firth**

Joe is a Research Fellow at NCIM, Western Sydney University, and has completed a PhD in exercise as a treatment for young people with psychosis, has published extensively in leading medical journals on the use of exercise and nutritional interventions to improve the physical health of people with severe mental illness, and is currently leading the Lancet Commission on improving the physical health of people with mental disorders.



**Scott Teasdale (PhD)**

Scott is a senior mental health dietician with Keeping the Body in Mind program (KBIM) in South Eastern Sydney Local Health District. The program has been operating since 2013 and targets the physical health of people with severe mental illness. Scott is currently completing a PhD, and he has published a number of lead-author peer review articles based on his research into nutrition interventions in severe mental illness.

Register online at [metrosouth.health.qld.gov.au/events/mind-body-balance](http://metrosouth.health.qld.gov.au/events/mind-body-balance)

*We care about you*