

"TALKING ABOUT DEPRESSION"

Free Information Day

When: Wednesday 2nd April 2008

Where: The Harbour Terrace Room, Easts Leagues Club, 93-97 Spring St, Bondi Junction.

Come to an information day about depression

Expert speakers; information stands; door prizes; entertainment; refreshments

Ask questions about managing all types of depression

Time	Topic	Presenter
10:00am	Morning tea & mingling	Everyone connects
10:25am	Introduction	Anita Schwartz, ESDGP
10:30am	Overview of depression	Dr. Sarah Weaver, Black Dog Institute
11:00am	Nutrition makes a difference in depression	Dr. Narys Lapsys, Nutritionist
11:30am	Exercise can help you fight depression	Chris Tzar, Exercise Physiologist
12:00pm	Questions, discussion, door prize	Everyone
12:30pm	Lunch	
1:00pm	Using herbal medicines for depression	Nick Burgess, Herbalist & Educator
1:30pm	Putting it all together: holistic management of depression	Dr. Lily Tomas GP and Specialist of Integrative Medicine
2:00pm	Questions, discussion, door prize	Everyone
2:30pm	Tango demonstration, afternoon tea	Patio de Tango

Places are limited

RSVP now: Call Anita or Jennifer at ESDGP on 93890874

(You can attend the whole day or part of the day or specific talks)

Our presenters

Dr. Sarah Weaver is a practising GP and Fellow of the Australian College of Psychological Medicine. Sarah also develops and delivers a comprehensive GP education program about depression for the Black Dog Institute.

Dr. Naras Lapsys holds a Doctorate in medicine and after 10 years as research scientist, he brought his knowledge to the field of nutrition, earning a Masters in Nutrition. He is also an accredited sports dietitian. Naras currently practices at "The Body Doctor" in Bondi Junction.

Chris Tzar is an exercise physiologist & NSW president of the Australian Association for Exercise and Sports Science. Chris is the director of the Lifestyle Clinic in Randwick which provides exercise & lifestyle programs for people with long-term conditions.

Nick Burgess has a Master's Degree in Herbal medicine & has over 25 years experience as a herbalist & educator. Nick was a member of the Complementary Medicines Evaluation Committee, which advises the Australian Therapeutic Goods Administration on issues of complementary medicine regulation.

Dr. Lily Tomas is a GP with qualifications in Nutritional, Environmental and Mind-Body Medicine. She is on the board of AIMA (Australasian Integrative Medical Association) and is editor of their medical journal. Lily has studied with US Doctors from the Pfeiffer Health Research Institute regarding mental health issues and is soon to have her book, "Live Your Best Life!" published.

Patio de Tango's Sophia & Pedro have been teaching Argentine Tango at their school since 2001. Together they teach and perform their dramatic and sensual "close embrace" style. A great way to exercise and socialise.