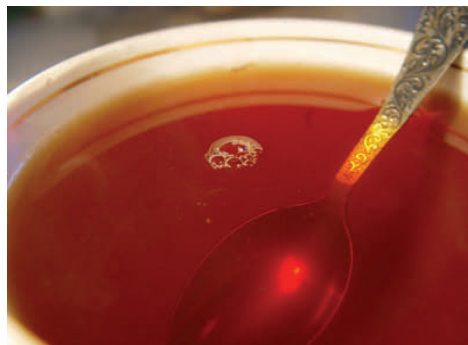


The Australian Disease Management Association (ADMA)
Proudly presents a breakfast seminar on

Obesity Management

Presentations

- Population-wide Changes in Obesity
- Can Tai Chi Mind-Body Movement Therapy Combat Obesity: Promising Findings from Recent Innovative Tai Chi-Based Clinical Trials
- Working with Obese Patients: Treatment Goals and Behaviour Change Strategies



Guest Speakers

Helen Walls Monash University, Victoria

Helen has just completed a doctorate investigating population-wide changes in the prevalence of obesity and their implications.

Dr Lui Xin School of Medicine, University of Queensland

Dr Liu Xin is an expert in mind-body therapy, in both research and practice. He has conducted training courses for Tai Chi and Qigong instructors and worked with people and organizations in many countries. Dr Xin has designed programs for both the prevention and management of various chronic diseases. His research interest is in evaluating the efficacy of cost-effective treatments. Recent clinical studies have shown promising benefits in obesity and diabetes. He is currently working at The University of Queensland School of Medicine as principal investigator of the National Cardiovascular Diseases and Depression Strategic Tai Chi Research Project funded by the National Heart Foundation and *beyondblue*.

Dr Leah Brennan Monash University, Victoria

Dr Leah Brennan is a clinical and health psychologist who recently joined the School of Psychology, Psychiatry and Psychological Medicine at Monash University. Leah's research interests involve the application of psychological approaches to understand, prevent and treat obesity and disordered eating (including eating disorders) in children, adolescents and adults. Leah also has an interest in the importance of health behaviours for psychological wellbeing, and the relationship between physical and psychological health. Leah was involved in the development and evaluation of the *Choose Health Program: A Health Lifestyle Program for Adolescents*, which has been evaluated in two randomised controlled trials and has been adapted for use with adults. Leah has also worked in a range of clinical settings including community based family intervention services, an out-patient clinic for the treatment of morbid obesity, and an inpatient service for the treatment of eating disorders.

When

7.30am–9am
Tuesday 16th
March 2010

Where

Persimmon
Restaurant
National Gallery of
Victoria
St Kilda Road
Melbourne

Cost

\$55 plus GST
Full breakfast incl

RSVP

5th Mar 2010
Phone ADMA
(03) 9076 3535
OR Fax form to
(03) 9076 6901

Limited places

Australian Disease Management Assoc (ADMA)

a: CGMC Kooyong Road Caulfield VIC t: 03 9076 3535 f: 03 9076 6901 e: k.fiddes@alfred.org.au w: www.adma.org.au

**The Australian Disease Management Association
(ADMA)
Breakfast Presentation**

Obesity Management

Registration Form and Tax Invoice. ABN: 27 318 956 319

Name

Organisation

Address

Phone

E-mail

Date / venue attending – Please indicate

Melbourne Tuesday 16th March 2010

Sydney Friday 11th June 2010

Method of Payment. Cost (\$55 + GST) Total \$60.50

Cheque Cheques should be made payable to Australian Disease Management Association

Card Type (eg Visa): _____

Cardholders full name:								Expiry date:							
Cardholders signature:															

Please send form and payment to

Mail	Email	Fax
Australian Disease Management Association, Feathers Block, CGMC, 260 Kooyong Rd, Caulfield VIC 3162	p.stoforidis@alfred.org.au	03 9076 6901

Australian Disease Management Association (ADMA) is auspiced by Alfred Health

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