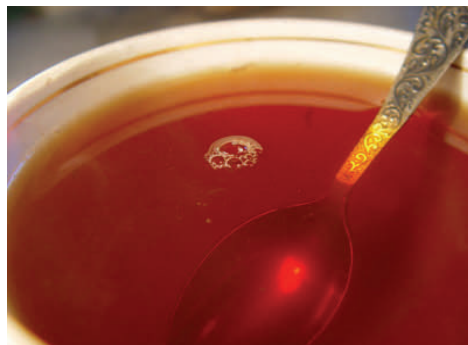


The Australian Disease Management Association (ADMA)
Proudly presents a breakfast seminar on

Obesity Management

Presentations

- Overview of 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



When

7.30am–9am
Friday 11th June
2010

Where

The Establishment
252 George St
Sydney

Cost

\$55 plus GST
Full breakfast incl

RSVP

31st May 2010
Phone ADMA
(03) 9076 3535
OR Fax form to
(03) 9076 6901

Limited places

Guest Speakers

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.

Australian Disease Management Assoc (ADMA)

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