

Virtual Speaker Series

Physical Activity and Mental Wellness

Wednesday,
September 22, 2021
12–3 PM PT

"Is Sweat the Best Antidepressant?"

Guy Faulkner, PhD

Guy Faulkner is a Professor in the School of Kinesiology at the University of British Columbia and Chair in Applied Public Health. Through his research he was recognized as a Clarivate Web of Science highly cited researcher in 2020. He is the founding editor of the journal 'Mental Health and Physical Activity'.



"Socially Connected Physical Activity: What, Why, and How?"

Mark Beauchamp, PhD

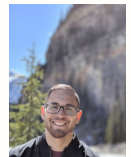
Mark R. Beauchamp, Ph.D., is a Professor of exercise and health psychology in the School of Kinesiology at the University of British Columbia. His research focuses on the psychology of group processes within exercise and sport settings. He has published over 150 journal articles and 30 book chapters in wide ranging outlets.



"To Live is to Fight: Depression, Muay Thai, and A Journey Towards Wellness in the Midst of a Global Pandemic"

Alberto Almeida

Alberto Almeida has spent the last 10 years coordinating population health promotion, mental health literacy, research and quality improvement projects at acute, community and provincial levels. Alberto has a Master in Public Health from UBC and his current research focus is on violence prevention in acute psychiatric settings.



HOW TO REGISTER:

1. [CLICK ON THIS LINK](#) OR SCAN THE QR CODE TO REGISTER
2. A ZOOM LINK WITH EVENT DETAILS WILL BE SENT TO YOU

