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MEDIA NOTICE

Guy Faulkner, PhD, a University of Toronto professor and expert on physical activity and psychological well-being, will discuss the role of physical activity in both treating and preventing depression in a half-day forum:

Is Sweat the Best Antidepressant? The Case for Physical Activity as an Antidote to Depression

Tuesday, May 26, 2009

8:00 a.m. - Noon

Maple Leaf Room, Lister Conference Centre, 116 St. & 87 Ave.
University of Alberta, Edmonton

One in five Albertans is affected by mental health issues, and one out of 10 Canadians may experience a major depressive disorder in their lifetime. Studies have shown that physical activity improves mental health. This forum will help increase understanding of the relationship between physical activity and mental health at a time when many people need strategies for dealing with depression.

The forum is presented by the Alberta Centre for Active Living, a non-profit organization that provides physical activity research and education for people who promote physical activity in their work. The centre is affiliated with the University of Alberta and is supported by the Alberta Sport, Recreation, Parks & Wildlife Foundation.

- **8:30 - 9 a.m.** - Welcome from **Dru Marshall**, deputy provost of the University of Alberta, and greetings from the **Honourable Cindy Ady**, minister of Alberta Tourism, Parks and Recreation
- **9 - 10 a.m.** - Presentation by **Guy Faulkner**, coordinator of the Exercise Psychology Unit and associate professor in the Faculty of Physical Education and Health at the University of Toronto
- **10:20 - 11:40 a.m.** - Panel discussion featuring local experts in mental health

For more information, please contact:

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