

JOIN US!

March 23/16
7pm

McNally Robinson
1120 Grant Avenue

THE PANEL:



Dr. Meghan Azad

Junior Director of TMPLR program, Assistant Professor, Department of Paediatrics and Child Health, Faculty of Health Sciences, University of Manitoba; Research Scientist, Children's Hospital Research Institute of Manitoba



Dr. Todd Duhamel

TMPLR Project Lead Physical Activity, Associate Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba



Dr. Diana McMillan

TMPLR Project Lead Sleep, Associate Professor, College of Nursing, University of Manitoba, Associate Professor of Clinical Practice, Health Sciences Centre



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PRESENTS:

HOW DIET, PHYSICAL ACTIVITY & SLEEP SHAPE CHRONIC DISEASE IN MANITOBA

An Interactive Panel Discussion Set In a Relaxed Atmosphere for Non-Researchers (With Refreshments!)

Panellists will talk about TMPLR and delve into their specific fields of interest, while also addressing questions raised by attendees.

What's so important about lifestyle research?

Did you know the best lifestyle for you may not be the best lifestyle for somebody else? Microorganisms in our bodies, our genetics and our lifestyle – such as diet, activity and sleep – interact to influence our health. One in two Manitobans are impacted by chronic diseases such as obesity, cardiovascular disease, diabetes and their complications. A healthy lifestyle is the first defense against these chronic diseases, but what is the healthiest lifestyle for you?

What do researchers hope to discover through TMPLR?

Current recommendations for healthy lifestyles are often one-size-fits-all and may not work for everyone. The TMPLR team seeks to understand how and why some lifestyle recommendations work for some Manitobans and not for others, with the goal of developing personalized healthy lifestyle strategies.

Please RSVP to: Dylan.Mackay@umanitoba.ca

◀ **Moderator: Dr. Peter Jones**

Senior Director of TMPLR program, Canada Research Chair in Functional Foods and Nutrition, University of Manitoba, Director of the Richardson Centre for Functional Foods and Nutraceuticals.

