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TMPLR.ca

March 24/16
2pm - 4pm

Winnipeg Free Press Café
237 McDermot Ave

THE PANEL:



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



Dr. Sharon Bruce

TMPLR Project Lead Indigenous Health, Associate Professor, Community Health Science, University of Manitoba



Dr. Ehsan Khafipour

TMPLR Project Lead Gut Microbiota, Assistant Professor, Department of Medical Microbiology, and Department of Animal Science, University of Manitoba; Research Scientist, Children Hospital Research Institute of Manitoba



PRESENTS:

A TEAM, A BUS & A GRANT

A Lively Interactive Panel Discussion & Reception Investigating How Diet, Physical Activity And Sleep Shape Chronic Disease Risk In Manitoba

What's So Important About Lifestyle Research?

Chronic diseases such as obesity, cardiovascular disease, diabetes and their complications affect the health of half of all Manitobans. Our health is influenced by the interaction of microorganisms in our bodies, our genetics and our lifestyle – such as diet, activity and sleep. A healthy lifestyle is the first defense against these chronic diseases – but the healthiest lifestyle for you may not be the best for somebody else.

What Do Researchers Hope To Discover Through TMPLR?

Current recommendations for healthy lifestyles are often one-size-fits-all, yet they 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. Our goal is to develop personalized healthy lifestyle strategies to benefit the current and future health of Manitobans.

You Mentioned Something About A Bus?

TMPLR program has a mobile research unit – a customized 40-foot bus. Travelling around Winnipeg and communities around Manitoba, it will help reduce geographic barriers to participation and help us achieve our goal of 1,200 research study participants.

