



Ontario District Branch American Psychiatric Association

ODBAPA PSYCHIATRIC SALON* #49 OCTOBER 25, 2018 (TORONTO)

Topic: **Brain Food: Eating Well for Mental Health**

Speaker: **Dr. Laura LaChance, MD, FRCPC**
Clinician-Scientist, Slaight Family Centre for Youth in Transition, CAMH

Date/Time: **Thursday, October 25, 2018, 7 - 9:30 p.m.**

Location: **TARTU College Main Floor/Masters Buffeteria**
310 Bloor Street West (1 block east of Spadina) at corner of Madison & Bloor
There is street and lot parking on Bloor St and also Spadina Rd and side streets North of Bloor; subway 1 block from venue

Learning Objectives: At the end of this session, participants will be able:

1. To gain an appreciation for the scientific evidence linking dietary pattern and mental health
2. To understand how food can impact mental health
3. Learn some basic clinical approaches to incorporate dietary counselling into to clinical care

This event is an accredited group learning activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by the Canadian Psychiatric Association (CPA). You may claim a maximum of 2.5 hours. The specific opinions and content of this event are not necessarily those of the CPA, and are the responsibility of the organizer(s) alone.

Please register for this event now online: odbapa.org or by mail. Please indicate your menu choice and send the appropriate cheque to: ODBAPA, 107 Civic Centre Drive, Whitby, Ontario, L1R 0C8. Phone: (905) 441-2914, Fax: (416) 352-1476, email: odbapa@rogers.com.

Kind Regards,

Frank Sommers, MD, FRCPC, DFAPA, DFAPA
ODBAPA Psych Salon Coordinator

*Winner of 2009 District Branch Best Practice APA Assembly Award

Registration Form ODBAPA October 25, 2018 Psych Salon. On the web: odbapa.org

Name: _____

Tel: _____ Fax: _____ Email: _____

Menu Choice:	Filet Mignon _____	\$55
	Grilled Chicken Breast _____	\$39
	Vegetable Lasagna _____	\$39
	Salmon _____	\$47

(Note: Total includes salad & dessert, tax & service charge. There will be a cash bar)

Non-Member (add \$10) _____ Resident (**FREE**) Year _____

Mail to: ODBAPA, 107 Civic Centre Drive, Whitby, Ontario, L1R 0C8, Attn: Colleen Gambier