



PUBLIC SEMINAR | HAROLD'S CROSS DUBLIN SATURDAY SEPTEMBER 25th

MENTAL WELLBEING

A Path to Optimal Mental Health

EXPERT SPEAKERS | HEALTHY LUNCH | REFRESHMENTS

TICKETS €35 PER DAY | PROCEEDS TO IRISH MENTAL HEALTH CHARITIES

The Institute of Health Sciences is delighted to host a day seminar focused on Mental Wellbeing: A Path to Optimal Mental Health. This seminar is following on from the successful first seminar held in April. We received such positive feedback that it really highlights the benefit of and need for events such as these. Mental health problems such as childhood behavioural and learning difficulties, depression, anxiety, Alzheimer's and stress-related illness are on the increase in Ireland, especially amongst our young. Sufferers are often not aware that there are many approaches for managing mental health conditions using non-pharmaceutical therapies.

This seminar aims to heighten public awareness of the different treatment options available and is suitable for anyone with an interest in preventing or managing mental health conditions, or simply wanting to know what to eat to optimise mental performance for themselves and their families. Tickets cost €35 per day and all proceeds after costs will go to Irish mental health charities. Ticket price includes refreshments and a healthy lunch. Tickets must be booked and paid for in advance. **Book online** at <http://ihsmentalwellbeing.eventbrite.com/> or contact 01 901 4670.

"Well done for organising such a well run and enjoyable weekend with such quality speakers. I was astounded that food could really have such a profound effect".

"I am so delighted to have made time to attend the seminar and found it most helpful and was grateful of meeting people focused on well being....building links, and fostering friendships."

"I got a lot of inspiration and also new information that I can use to improve my diet and health - it is very empowering. Thank you again to you and your staff. A lot of organisation and effort must have gone into this event and your work is very valuable public service."

"I thoroughly enjoyed the day and have been talking about it non stop since then. I learnt a lot of various new things and what I really really enjoyed was the fact that so many like minded people attended."

"Just wanted to say how much I enjoyed the seminar over the weekend. I felt a bit like a child in a toy shop, I was so excited to listen and learn so much. The food was fabulous too. My sister, sister in law and her friends also attended both days and all had the same very positive reaction to the weekend. Thank you very much for giving us the opportunity to learn so much."

Speakers & Workshops

Institute of Health Sciences (Anneliese Dressel & Suzanne Laurie): The "Food Mood Link –Optimum Nutrition for the Mind". Suzanne Laurie graduated from the University of Westminster with a BSc in Health Sciences: Nutritional Therapy. She has since worked as a therapist and lecturer in Nutritional Therapy at a number of eminent institutes and universities teaching to degree level and has acted as the Course Director at IHS. Anneliese Dressel qualified with a Masters in Nutrition from University College Cork and is the director of the Institute of Health Sciences and a practicing nutritional therapist. Suzanne and Anneliese will discuss the Food Mood link and look at practical applications of the holistic health care model of functional medicine which aims to alleviate mental health issues and protect against neuro-degenerative disease by bringing the systems of the body back into balance.

Mary Maddock: "Soul Survivor". Former nun, mother, an electroshock survivor, founder of MindFreedom Ireland and author of the book "Soul Survivor". Mary was branded a 'manic-depressive' and put on a cocktail of drugs for 18 years after a reaction to medication given during the birth of her first child. She describes herself at this time as 'an overweight, stiff-limbed, kidney-damaged, drooling, tremor-ridden, mind-numbed, middle-aged woman'. Then in 1993, a completely fortuitous event marked a turning point in her life. Mary challenged the orthodox thinking of the Psychiatric Establishment and began her brave, slow, scary but ultimately empowering journey of liberation from its clutches. This is her story.

Declan Fagan: "Mindfulness Meditation". Owner and manager of the Temple Country Retreat & Spa, Declan applies the principle of Mind-Body medicine in providing a wellness and healing experience for his spa clients. Mind-Body medicine integrates modern scientific medicine, psychology, nutrition, exercise, physiology and belief to enhance the natural healing capacities of body and mind. Declan will be focusing in particular on aspects of Mindfulness, including meditation practices, which research has shown to alleviate symptoms of depression, stress and anxiety, and to enhance health, coping skills and general life satisfaction. Learn practical Mindfulness tools that can be used to work for you everyday.

Questions & Answers Session: An interactive Q&A session with all participants.



**Public Seminar – Saturday, September 25th
Education & Research Centre, Our Lady’s Hospice, Harold’s Cross, Dublin**

MENTAL WELLBEING – DRUG FREE SOLUTIONS

Timetable of Events

Time/Classroom	Speaker/Workshop
LECTURE HALL 10.00 - 11.30am	Suzanne Laurie: Using a holistic health care model to manage depression and anxiety and to prevent neuro-degenerative disease
11.30am	Break
LECTURE HALL 11.45 – 1.15pm	Anneliese Dressel: The Food Mood Link. Examining foods that can contribute and alleviate depression and anxiety and prevent neuro-degenerative disease
1.15-2.00pm	Lunch
2.00 – 3.30pm	Mary Maddock: Soul Survivor
3.30 – 3.45pm	Break
3.45 – 4.45pm	Declan Fagan: Mindfulness Meditation
4.45 – 5.15pm	Questions and Answers Session
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