

## PATHWAYS PUBLIC EDUCATION LECTURE SERIES

### EXERCISE AS MEDICINE: THE ROLE OF PHYSICAL ACTIVITY IN TREATING DEPRESSION



**PATHWAYS** FAMILIES  
HELPING  
FAMILIES  
Serious Mental Illness Society



**RONALD A. REMICK, MD, FRCP(C)**

**MEDICAL DIRECTOR LOOKOUT HOUSING & HEALTH SOCIETY**

#### **EXERCISE AS MEDICINE: THE ROLE OF PHYSICAL ACTIVITY IN TREATING DEPRESSION**

**PLEASE JOIN DR. R.A. REMICK**

- **WEDNESDAY, MAY 30, 2018 7:00PM**
- **HOPE CENTRE ATRIUM**
- **13TH AND ST. ANDREWS**
- **NO REGISTRATION REQUIRED.**

**W**hile medication and proper diagnosis are important ingredients in treating severe depression we all know that exercise is ‘good for you’ yet 80% of Canadians do not meet physical activity levels as suggested in Canadian guidelines.

In this presentation Dr. Remick will outline how much exercise we do need (spoiler alert – it is not that much!), and what will be the specific psychological and medical benefits of meeting those physical activity goals.

We will also review exercise as a specific treatment for depression, and some specific tricks and techniques to help you ‘get off the couch’ even when you are feeling ‘too tired’, ‘too depressed’ or the weather is ‘too cold, too rainy’, etc..

Dr. Remick is the former Medical Director of The Psychiatric Clinics of the Mood Disorders Association of British Columbia (MDA) offering accessible patient centric novel and innovative methods of treatment for mood and anxiety disorders. Lookout Society is among the largest not for profit social housing organizations in British Columbia. Dr. Remick is now the Medical Director of these two recently merged organizations – the Lookout Housing and Health Society

Prior to his work at St. Paul’s, from 1992 – 2018, he was the Assistant Head, Department of Psychiatry, University of British Columbia, and the Founder and the First Head, Mood Disorders Service, UBC. Dr. Remick has published over 200 scientific articles, abstracts, and book chapters predominate in the area of mood disorders. However, his passion has always been clinical work - assessing, treating, and assisting patients with mental health concerns.

Dr. Remick was honored in 2013 by the Canadian Psychiatric Association with the CA Roberts Award for clinical leadership and innovation in care in psychiatry. In 2014 he received recognition in Canadian medicine with the award of Honorary Membership from the Canadian Medical Association, and in 2015 received the Dr. Nancy Hall Award for Leadership in Public Policy by CMHA.