Queen’s University
Department of Psychiatry
GRAND ROUNDS

Friday, January 17, 2020

Hotel Dieu Hospital
J1 Auditorium
Telelinked to KGH Burr 4
& PCH - Founders Hall

12:00–1:00 pm  

**Christina Moi, MD**  
Psychiatry Resident  
Queen’s University

**Supervisor: Dr. E. Prost**

“The Current State of Knowledge on Exercise and Mental Health”

Queen’s Psychiatry Grand Rounds is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada

**Upcoming Rounds:** Feb.14, 21,28 at PCH

* A light lunch will be provided prior to rounds
LEARNING OBJECTIVES

Dr. Christina Moi: “The Current State of Knowledge on Exercise and Mental Health”

1. Explore the current state of evidence regarding exercise in psychiatric disorders, including MDD, bipolar disorder, psychosis, anxiety, and ADHD
2. Understand the proposed biological and psychological mechanisms of mental health benefits secondary to exercise
3. Be able to effectively individualize exercise prescriptions for your patient and understand the ways in which we can improve adherence

Department of Psychiatry Rounds
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