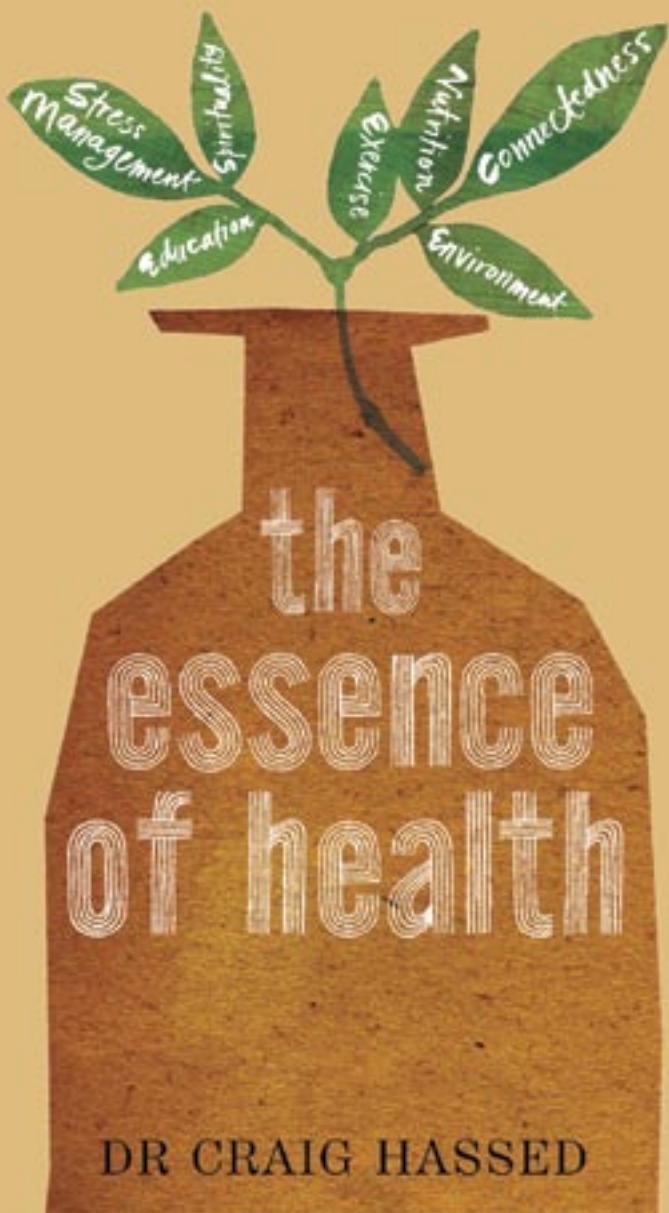


Melbourne School of Philosophy presents

Lifestyle & Culture Lectures



DR CRAIG HASSED

Although modern medical science has made a great contribution to the fight against a number of illnesses, the greater contribution to wellbeing rests on what we can do for ourselves. The main elements of the wellness approach are encompassed by the Essence acronym which stands for **Education, Stress management, Spirituality, Exercise, Nutrition, Connectedness and Environment.**

This presentation will look at these individual elements and then apply them to the prevention and treatment of important conditions like heart disease, cancer, poor immunity and mental illness. An opportunity to hear one of Australia's most in demand speakers in the health field. A chance to ask questions will be provided.

Dr.Craig Hased is a general practitioner and senior lecturer in the Monash University Dept. of General Practice. He has been instrumental in introducing various innovations into medical education and practice with an emphasis on the application of holistic, integrative and mind-body practices. His aim is to connect the great philosophical and wisdom traditions with the biomedical, psychological and social sciences in a way that is grounded, balanced, scientifically valid and clinically effective. Craig recently chaired a session and introduced His Holiness the Dalai Lama at the Happiness and its Causes Conference. He has been a regular presenter on ABC Radio and appeared on TV's "What's Good for You". His publications include two volumes of "New Frontiers in Medicine" and "Know Thyself - The Stress Release Programme".

"Entertaining and impressively well read and knowledgable speaker".

"Your lecture series really opens up Melbourne and what it has to offer".

Date: Sunday 31st May

**This lecture will be offered twice, starting at
2.00pm and 5.00pm**

**Abbotsford Convent, (Community Room),
St.Heliers Street, Abbotsford.
Melways 2D C9**

Tickets \$20.00

**Book online at
www.lifestyleandculturelectures.org
or call 9815 1496**