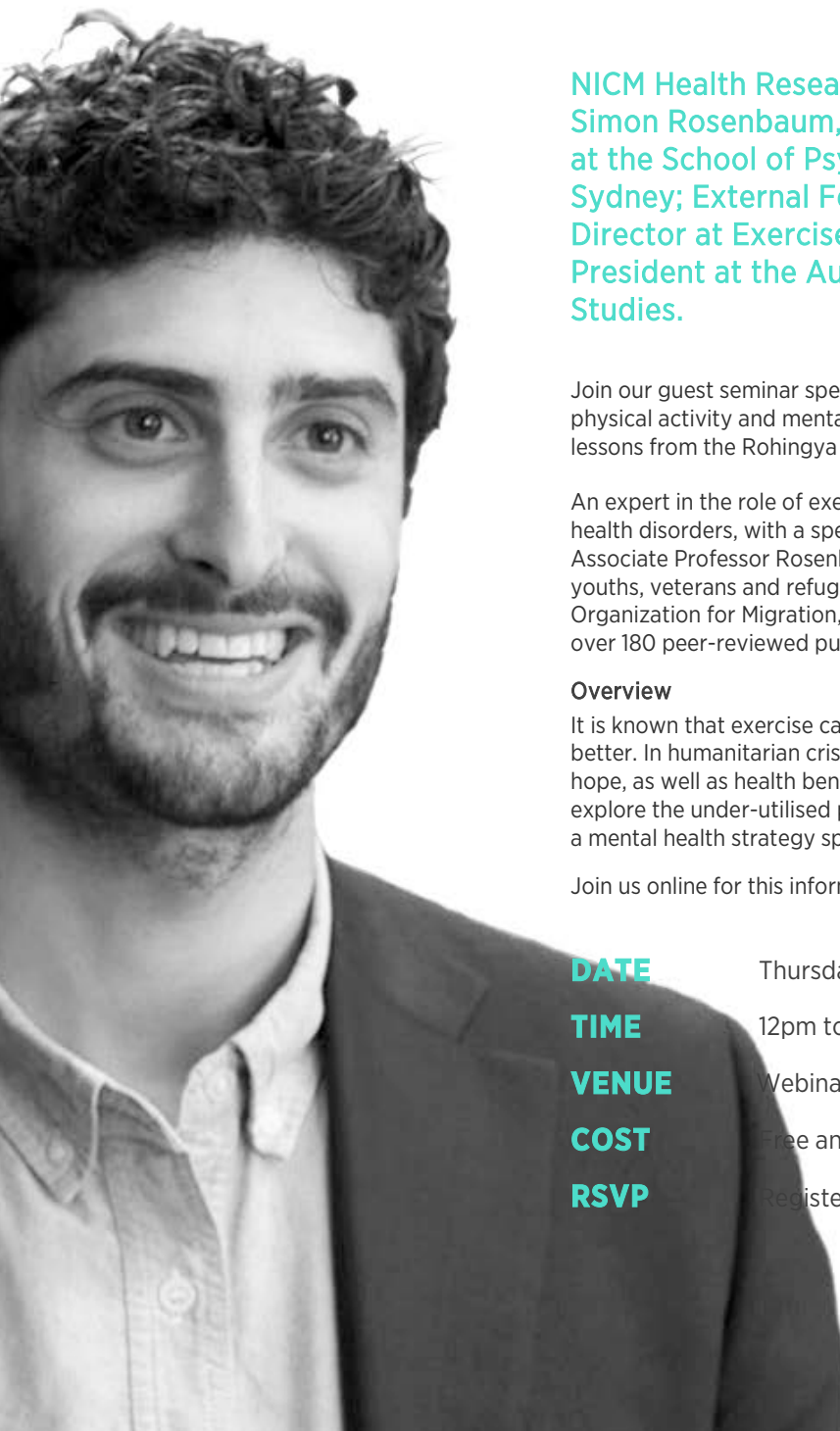


INVITATION

SEMINAR 2020

RESEARCH AND INNOVATION



NICM Health Research Institute presents Associate Professor Simon Rosenbaum, Scientia Fellow, NHMRC Research Fellow at the School of Psychiatry, Faculty of Medicine, UNSW Sydney; External Fellow at the Black Dog Institute; National Director at Exercise and Sports Science Australia; and Vice President at the Australasian Society for Traumatic Stress Studies.

Join our guest seminar speaker, [Associate Professor Rosenbaum](#), as he discusses physical activity and mental health in contexts of mass displacement, examining lessons from the Rohingya refugee crisis in Bangladesh.

An expert in the role of exercise in the prevention and management of various mental health disorders, with a specific focus on post-traumatic stress disorder (PTSD), Associate Professor Rosenbaum has worked with and advised emergency services, youths, veterans and refugees in Australia and overseas, including the International Organization for Migration, United Nations Migration, Bangladesh. He has published over 180 peer-reviewed publications and has co-edited a textbook.

Overview

It is known that exercise can provide mental health benefits and make people feel better. In humanitarian crises sport and exercise can offer much needed relief and hope, as well as health benefits. Associate Professor Rosenbaum's presentation will explore the under-utilised potential of physical activity as an important component of a mental health strategy specifically within refugee communities.

Join us online for this informative presentation, followed by Q&A session.

DATE Thursday 10 September 2020

TIME 12pm to 1pm

VENUE Webinar

COST Free and open to all

RSVP Register by 7 September at [nicm.edu.au/news/events](https://www.nicm.edu.au/news/events)