



UNIVERSITY *of*  
TASMANIA

Tuesday, 19 June 2018

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## Northern interactive forum brings latest health research to the community

Achieving better health in your own life will be the focus of a Northern Tasmanian interactive health forum, being held in Launceston tonight (**Tuesday, 19 June**).

Featuring a strong line-up of the University's experts, the Better Health Research Theme Forum will give the public the chance to hear directly from researchers about public health strategies and lifestyle changes, which can lead to healthier lives.

The forum is part of the University of Tasmania's latest approach to health which is predictive, preventative and participatory – and most of all, informed by the best and the latest research.

Topics for the Better Health Research Theme Forum include quitting smoking, nutrition and food systems innovation, gut health and the University exercise clinic.

Individual speakers and panel events will include:

### **University of Tasmania Better Health Research Spotlight**

Dr Mai Frandsen, on quitting smoking;

Sandra Murray, on nutrition and food systems innovation;

Dr Kath Ogden, on projects with the Clifford Craig Foundation and the Launceston General Hospital.

### **Panel with University of Tasmania Better Health Researchers on community health services**

Associate Professor Andrew Williams, on the University exercise clinic;

Dr Cecilia Kitic, on gut health;

Associate Professor James Fell, on the human performance lab.

**University of Tasmania Partnership Spotlight:** Hawthorn Football Club State Manager David Cox will describe the Hawks' community partnership with the University of Tasmania.

**Panel with University of Tasmania Northern Transformation Project planners on the vision for the new Inveresk campus as a healthy space**

Professor Andrew Hills, on HealthPark@Inveresk;  
James McKee, on a healthy community plan for the campus.

For full details, speakers and events click [here](#)

**What:** The Better Health Research Theme Forum;

**When:** Tuesday, 19 June 2018 from 6 pm–7:30 pm;

**Where:** Rory Spence-VOS Construction Lecture Theatre, University of Tasmania Inveresk campus, Launceston.

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**Information released by:**

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