

# Exercise is Medicine Education Event

February 6, 2021

Online Event – private viewing link will  
be emailed to registrants



Saskatchewan  
Kinesiology &  
Exercise Science  
Association



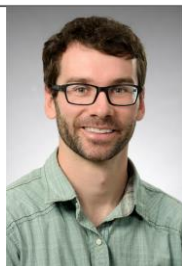
**Dr. Natalia Jaworska**  
Impacts on the Brain & Health



**Dr. Guy Faulkner**  
Exercise and Depression



**Dr. Katya Herman**  
24 Movement Guidelines



**Dr. Cameron Meng**  
Leveraging the effects of  
cardiorespiratory exercise  
towards enhanced  
neuroplasticity in the motor  
system



**Marg Petty**  
From a Clinician's Viewpoint:  
Another Look at Physical  
Activity Strategies & Mental  
Health Outcomes.

*This conference is relevant to all Kinesiologists and other health care professionals who prescribe exercise as medicine. General public is welcome to attend, especially those interested in exercise in the ageing population.*

WORTH 10 CSEP PDC'S  
REGISTRATION PRICE –  
\$75 SKESA MEMBERS    \$100 NON-SKESA MEMBERS

REGISTRATION DEADLINE JANUARY 29, 2021

PAYMENT BY E-TRANSFER to [info@skesa.ca](mailto:info@skesa.ca)



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