

A Sláintecare Integration Fund Project:

Integrating Exercise Practitioners into Outpatient Mental Health Services in Ireland:

Evaluation and Service Model Launch

10am to 12pm 28th January 2022

Learn about the first evidence based exercise practitioner role embedded in the Mental Health Services in County Wexford, as we talk through the results of this well needed programme.

Platform: Zoom. Sign up with Eventbrite:

www.eventbrite.ie/e/webinar-to-launch-the-exercise-effect-tickets-245891196187

The Exercise Effect Programme Partners:

- Wexford Mental Health Services
- Sports Active Wexford
- Waterford Institute of Technology
- Mental Health Ireland

Key Note Speakers:

The Minister of State for Mental Health and Older People, Mary Butler TD will give an opening address and launch the evaluation report.

Sarah O'Brien - *National Lead: Healthy Eating & Active Living Programme, Health & Wellbeing, Strategy & Research, Healthcare Strategy HSE*

Dr Brendon Stubbs - *Senior Clinical Lecturer and NIHR Advanced Fellow Institute of Psychiatry, Psychology and Neuroscience, King's College London; Physiotherapist South London and Maudsley, NHS Foundation trust, UK.*

Dr Evan Matthews - *Lecturer and Researcher in Physical Activity & Health Promotion, Co-investigator 'Exercise Effect' project, Waterford Institute of Technology, Ireland.*

