Tuesday, 20 April 2010

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Lectures and Seminars

Wednesday, April 21, 2010

Center on Social Disparities in Health Seminar Series
Topic: Social Disadvantage, Stress, and the Drive to Eat

Elissa Epel, PhD
Associate Professor in Residence, Department of Psychiatry
University of California, San Francisco

Time: 12:00 - 1:30 pm
Location: UCSF Laurel Heights Campus, Room 474, 3333 California Street

Email Contact: CSDH@fcm.ucsf.edu
**Wednesday, April 21, 2010**

*Cancer Resource Center*

*Coping With Fatigue 2010*

*With Heidi Engel, DPT*
*Greta Macaire, RD, CSO*
*Lisa McNey, NP*
*Dianne Shumay, PhD*

This day is all about conquering fatigue! Join us for an entire afternoon packed full of helpful advice and activities from experts across professions. Topics include Strategies for Better Sleep; Daily Energizers; the Importance of Nutrition and Exercise; and the Emotional Side of Fatigue. The day will close with a panel discussion from cancer survivors who will share their personal coping tips with you. You will not want to miss it!

Time: 12:00pm – 5:00pm  
Location: Herbst Hall, 2nd floor, UCSF Medical Center, 1600 Divisadero Street

No charge. Please register with the *Cancer Resource Center* at 415.885.3693.

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**Friday, April 23, 2010**

*COAST SEMINAR SERIES*

Fall 2009-Spring 2010  
**Topic: Promoting Healthy Weight with ‘Stability First’**

*Michaela Kiernan, PhD*
Senior Research Scientist  
Stanford Prevention Research Center  
Stanford University School of Medicine

Time: 12:00-1:30 pm  
Location: UCSF Laurel Heights, Conference Room 474  
Email Contact: *Marin Thompson*, COAST Program Director

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**Friday, April 23, 2010**

*UCSF Osher Center for Integrative Medicine*

*TRIM Seminar*

*How to Submit to CHR using the new electronic system: iMedRIS (Part 2)*
**Melanie Mace, MA, CIP**  
UCSF Human Research Protection Program

**Time:** 12:00 – 1:30 pm  
**Location:** Group Room

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