

Stress: is Your Job Killing You?

Have you ever wondered if stress is slowly killing you? Young Garvan's next exciting forum explores the profound effects of stress on our health and wellbeing, with a panel discussion to sort out the facts from the fiction on a key issue that we face every day. We'll explore the latest research on how stress is invading many aspects of our work and personal lives and what the long term effects are. Our panel of experts will discuss how our bodies and minds react to stress and offer some personal insights into how they have managed stress in their lives.

Our fantastic panel features: Prof Herbert Herzog (Director, Neuroscience Research Program, Garvan) on the neuroscience, Prof Tim Sharp (Founder of the Happiness Institute and best-selling author) on ways to create happiness, Chris Cuffe (former CEO Colonial First State & Challenger Financial Services Group. Current Director of Social Ventures Australia) on workplace stress as someone who has managed some of Australia's best known investment giants, and Dr Roger Chen (Senior Staff specialist Endocrinology Concord Hospital) on how our hormones and bodies deal with stress.



Thursday 13th May

Garvan Institute of Medical Research
384 Victoria St
Darlinghurst.

Drinks and Canapés from 6.15pm

Forum commences promptly at 7pm
- concluding at 8:30pm

Post-forum drinks at
De Nom, Ruby Rabbit
231 Oxford Street
Darlinghurst

