



MCHART NEWSLETTER

ISSUE

WHY IS MCHART NEEDED?

This lab area each being a (n) c

INTRODUCING THE MCHART PROJECT TEAM

<p>Dr. David Williams, Director of the University of Canberra Health Research Institute and Head of the Men's Health Policy Unit, University of Canberra. He is a former senior advisor to the Australian Government and has worked in the public health sector for over 20 years. He is currently the National Director of the Men's Health Research Program and is also the National Director of the Men's Health Research Program.</p>	
<p>Dr. Peter D. Sly, Director of the Health Research Institute, University of Canberra and the National Director of the Men's Health Research Program. He is a former senior advisor to the Australian Government and has worked in the public health sector for over 20 years. He is currently the National Director of the Men's Health Research Program and is also the National Director of the Men's Health Research Program.</p>	
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MCHART PROJECT UPDATE

ACTIVITIES	PROGRESS
Project Team Meeting	The MChart project team meeting last week
Reporting	The latest has been submitted Digital Health CRC reporting
Demination Plan	A Demination Plan has been developed and circulated among stakeholders and a range of feedback
Data Collection	Data collection for health service indicators

CONTACT US

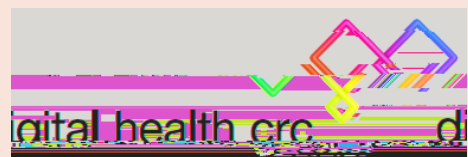
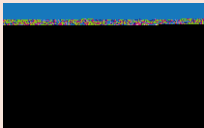
If you would like to discuss any information in this newsletter, please contact the MChart project lead:

Project Manager Dr Jane Kenne	jane.kenne@canberra.edu.au	Jane manages the day-to-day running of the project
Project Lead Researcher Professor Lisa Salada-Calla	lisa.salada@canberra.edu.au	Lisa is the project leader
Administrator Nicole O'Connell	nicole.oconnor@canberra.edu.au	Nicole deals with the day-to-day administration of the project



The Georgia Health Institute Meeting

This lab also teaches in leadership and a new human interface and health e-learning
gaining including



Self-care tip Walking: 'A Superpower'

Walking is a simple, low-cost activity that can improve your physical and mental health. It's a great way to stay active and reduce the risk of chronic diseases like heart disease, diabetes, and obesity. Walking also helps to reduce stress and improve your mood. So, lace up your shoes and go for a walk today!