

# News

The University of Texas Health Science Center at Dallas  
5323 Harry Hines Boulevard Dallas, Texas 75235 (214) 688-3404

May 14, 1985

CONTACT: Ann Harrell  
OFFICE: 214/688-3404  
HOME: 214/369-2695

\*\*\*\*Fitness experts to hold media  
availability session May 17

There will be a media availability time slated for participants in the American Psychiatric Association's public symposium, slated for 3-6 p.m., Sunday, May 19 at the Dallas Convention Center Theater. The media availability session will be held before the symposium in the Scientific Program Committee Office (E.404) from 2-2:45 p.m.

Participants will include the following:

Introduction: John Talbott, M.D., President, APA, Chairperson and Moderator: T. George Harris, Editor in Chief, American Health Magazine. Co-Chairperson: Robert E. Hales, M.D., Chairperson, Scientific Program Committee

Cardiovascular Benefits of Exercise. Speaker: Jere M. Mitchell, M.D., Professor of Medicine and Physiology and Director, Harry E. Moss Heart Center

Psychology of Exercise. Speaker: Michael J. Sacks, M.D., Psychiatrist and Co-Editor, Psychology of Running

Mental Health and Physical Training. Speaker: Charles Kerr, M.D., Psychiatrist and Torch Bearer at 1980 Winter Olympics

The Training Effect: Physiologic Changes Associated with Exercise. Speaker: Peter Snell, Ph.D., Olympic Medalist and Exercise Physiologist

Good Nutrition for Good Health. Speaker: Gabe Mirkin, M.D., Syndicated Fitness Columnist for the New York Times Newspapers and Author of Getting Thin (Little and Brown, 1983)

Exercise for Women: Benefits and Problems. Speaker: Mona Shengold, M.D., Co-Author of The Complete Sportsmedicine Book for Women (Simon and Schuster, 1985)

###