

DPI NGO

Working Together: Making a Difference
Department of Public Information Non-Governmental Organizations

The Role of Fitness in Promoting Mental Health and Preventing Depression

On the occasion of World Health Day

Panel Discussion

Thursday, 6 April. Conference Room I, United Nations Headquarters,
11:00am to 12:45pm

Welcoming Remarks:

Hawa Dalo, Public Information Officer, NGO Relations and Advocacy, UN Department of Public Information

Moderator:

Ramu Damodaran, Deputy Director for Partnership and Public Engagement, Outreach Division, UN
Department of Public Information

Speakers:

Werner Obermeyer, Deputy Director, World Health Organization (WHO) Office at the United Nations

Dr. Tara Tammy-Young, Pediatric Neuropsychologist and Pace University Professor

Dr. Stephen Josephson, Clinical Psychologist, Director, Behavioural Medicine Associates,
Advisory Board, Health Corps

Toni Michelle Rubio, President and Founder, Move to Empower (M2E)

Cynthia Zottarelli-Auguste, Founder, Healing

Luis Pinheiro, Professor of Capoeira, President, UN Capoeira Club

Outdoor Fitness Event

Express Bar

United Nations Headquarters, New York

1:30 PM- 3:00 PM

Zumba, Capoeira and Boot Camp Sessions

Dress to Move!

RSVP

