



# Stress Management

Innovation Park – Atrium  
Wednesday, October 24,  
7 p.m.

**David Posen M.D.**  
Physician. Speaker.  
Author.

Free public lecture  
presented by the  
**Anita Spenser Lectureship in  
Clinical Behavioural Sciences.**

Stress is a fact of life – but it doesn't have to be a way of life. Bestselling physician, speaker and author, Dr. David Posen, is one of North America's leading experts on stress mastery, work-life balance, health, and wellness. His dynamic presentations have empowered thousands of people to take control of their lives...and come out on top. Combining humour and practical analogies, Dr. Posen helps unlock the mysteries of stress and wellness.

Dr. Posen is the author of five bestselling books, *Always Change a Losing Game*; *Staying Afloat When Water Gets Rough*; *The Little Book of Stress Relief*; *Is Work Killing You?*; and his most recent title, *Authenticity*.

His magazine articles have appeared in Canadian Living and Readers Digest as well as several medical journals, and he wrote a weekly column on stress and lifestyle management for a year on the popular website canoe.ca. Dr. Posen has also appeared many times on TV and radio and has been quoted in many leading U.S. magazines such as Redbook, Cosmopolitan, People, McCall's, Men's Health and USA Weekend.

He has spoken widely to education, government, business and professional groups across North America to clients including Warner Brothers, Chevron, Verizon, American Express, University of Toronto, Pfizer, Research in Motion, Kraft, Hilton Hotels, Microsoft, Cisco Systems, and IBM, to name just a few.

Limited seating, **please register online** to ensure your spot: [alumni.mcmaster.ca/cbs-event](http://alumni.mcmaster.ca/cbs-event).

For more information contact Tracey Oliphant, Program Coordinator by email: [cbs@mcmaster.ca](mailto:cbs@mcmaster.ca), or visit [fhs.mcmaster.ca/cbs/](http://fhs.mcmaster.ca/cbs/)

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