

# The Council on Palliative Care

presents

## The R. David Bourke Memorial Lecture

What? Me? Stressed?

If you have to ask the question, this lecture is for you!

# “The ABC’s of Stress Management”

with

## Dr. Ciaran O’Boyle

Professor of Psychology  
Head, RCSI Institute of Leadership,  
Royal College of Surgeons in Ireland

Question period with panel participants

ZELDA FREITAS SW CSSS Social Worker

LAURA BORODITSKY BA, MA, EMBA Family caregiver

**Tuesday October 5<sup>th</sup> 2010**  
**6:00 p.m. - 8:00 p.m.**

### LOCATION

Tanna Schulich Hall, McGill University  
550 Sherbrooke Street West  
Montreal QC H3A 1E3



### REGISTRATION INFORMATION

**Free of charge**

To register and for further information, please contact:

The Council on Palliative Care [fmpa202@aol.com](mailto:fmpa202@aol.com) or 514-499-0345

**Dr. Ciaran O’Boyle is an internationally respected Irish psychologist who will speak about stress - the modern day epidemic. What is the cost of constant stress on the body and mind? How does it affect quality of life? What can be done to help us all calm down?**