

# MCHART NEWSLETTER

ISSUE

## WHY IS MCHART NEEDED?

This lab area each week (in 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 leading international expert in the analysis of complex health systems and public health interventions. He is also a leading expert in men's health, ageing, disability, and intellectual development.</p>	
<p>Dr. Peter D. Jacobson, Director of the Health Research Institute, University of Canberra, and head of the Institute for Health and Wellbeing. He is a leading international expert in the analysis of complex health systems and public health interventions. He is also a leading expert in men's health, ageing, disability, and intellectual development.</p>	
<p>Dr. Aileen Williams, Director of the Health Research Institute, University of Canberra, and head of the Institute for Health and Wellbeing. She is a leading international expert in the analysis of complex health systems and public health interventions. She is also a leading expert in men's health, ageing, disability, and intellectual development.</p>	

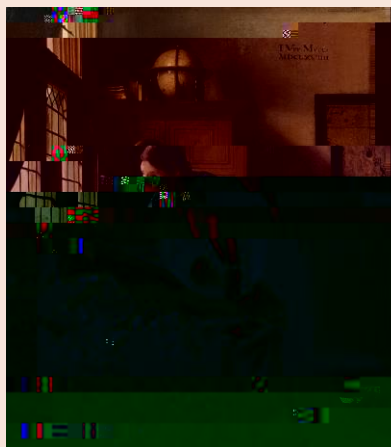
## MCHART PROJECT UPDATE

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

## CONTACT US

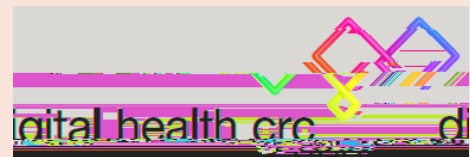
If you would like to discuss any information in this newsletter please contact the MChart project lead

Project Manager Dr Jane Kenneally	<a href="mailto:j.kenneally@uconn.edu.au">j.kenneally@uconn.edu.au</a>	Jane manages the day-to-day running of the project
Project Lead Researcher Prof. Lisa Salada-Calla	<a href="mailto:l.salada@uconn.edu.au">l.salada@uconn.edu.au</a>	Lisa is the project leader
Administrator Nicole O'Connell	<a href="mailto:n.oconnell@uconn.edu.au">n.oconnell@uconn.edu.au</a>	Nicole deals with the day-to-day administration of the project



The Geographical Information System

This lab also includes a range of digital health research and a new human-machine interface and health e-learning program including:



### Self-care tip Walking: 'A Superpower'

Walking is a simple activity that can have a big impact on your health. It's a great way to stay active and improve your mood. Walking can help reduce stress, improve your sleep, and boost your energy. It's a low-impact exercise that's suitable for most people. Walking is a great way to stay active and improve your mood. Walking can help reduce stress, improve your sleep, and boost your energy. It's a low-impact exercise that's suitable for most people.