

MCHART NEWSLETTER

ISSUE

WHY IS MCHART NEEDED?

This lab area is being designed (in c

INTRODUCING THE MCHART PROJECT TEAM

<p>Dr. Catherine Deacon is a Senior Lecturer in the School of Health, Behaviour and Society, Monash University, Victoria, Australia. She is also a Senior Lecturer in the School of Health, Behaviour and Society, Monash University, Victoria, Australia. She is also a Senior Lecturer in the School of Health, Behaviour and Society, Monash University, Victoria, Australia.</p>	
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MCHART PROJECT UPDATE

ACTIVITIES

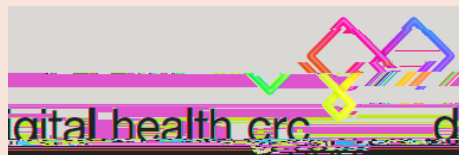
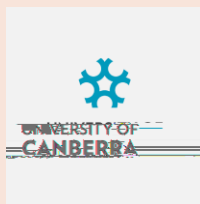
PROGRESS

CONTACT US

If you would like to discuss an information in this newsletter or if you would like further information about the MChart project, please contact:

<p>Project Manager Dr Jane Kennedy</p>	<p>jane.kennedy@canberra.edu.au</p>	<p>Jane manages the day-to-day running of the project.</p>
<p>Project Lead Researcher Professor Lisa Callaghan</p>	<p>lisa.callaghan@canberra.edu.au</p>	<p>Lisa is the project leader.</p>
<p>Administrator Nicole O'Connell</p>	<p>nicole.oconnor@canberra.edu.au</p>	<p>Nicole deals with the day-to-day administration of the project.</p>

This collaboration is a key element in the development of a national digital health strategy and a national digital health research and innovation agenda including:



Self-care tip Walking: 'A Superpower'

Walking is a simple, low-cost activity that can improve your physical and mental health. It's a great way to stay active and reduce the risk of chronic diseases like heart disease, diabetes, and obesity. Walking also helps to reduce stress and improve your mood. So, lace up your shoes and go for a walk today!