

**-Interactive Webinar (ZOOM)-**  
**Why We Need to Control STRESS Levels and**  
**Ways to Do it**



Hosted by the Alumni Association of the University of Peradeniya -  
Ottawa Chapter, Canada (AAUPOC)  
<https://operaalumni.com>

**Speaker:**

**Dr. Lal Fernando**

(MD, FRCP, MBBS-Peradeniya)

Adjunct Professor and Director,

Clinics for Adult Attention Deficit Disorder and Alzheimer's Disease,  
Schulich School of Medicine & Dentistry, Western University,  
London, Ontario



**Date:**

**Sunday, October 18, 2020**

10:30 AM-12:00 Noon (Ottawa);

8:00 PM-9:30 PM (Sri Lanka); 7:30 AM-9:00 AM (Pacific)

**MTI Groups**

If you can't make it at that time, register anyway and we'll send you the link for on-demand access to the recording of the webinar, a few days after the event

For further information or submitting questions: [aaupoc@hotmail.com](mailto:aaupoc@hotmail.com)

Susantha Mohottalage: 613-825-8358

Achini Adikari: 343-961-3039

Sampath Hennyake: 613-240-5529

Thuradewa Ratnayake: 613-824-4944

**Click here for free registration**

Please feel free to share this information with friends and colleagues