



*Promoting a*  
**Healthy Mind  
& Body** April 27 - 29, 2012

2012 PAS ANNUAL CONFERENCE

Sheraton Cavalier, Saskatoon SK

## **MICHAEL LANDSBERG: Sports Broadcaster and Depression Sufferer**



*Keynote Speaker (Saturday)*

"The phrase "off the record" connotes a hushed conversation. TSN's (The Sports Network) [Off The Record](#), hosted by Michael Landsberg, is anything but. Landsberg's popular talk show, full of personality, brag, fun, healthy argument, sports talk, pop culture allusions, big name personalities and celebrities is one of the most entertaining half hours on Canadian television. What isn't off the record for Landsberg is that he has battled depression for almost fifteen years and wants to make a difference for others by speaking candidly about the disease and the stigma attached to it.

Michael wrote a touching article about his friend and former NHL veteran Wade Belak, shortly after Wade's passing. "Depression is a disease. It's not an issue or a demon, although it may act like one. And if you want to honor Wade's memory, do it this way; never ever tell someone to snap out of it. And never ask anyone, what do you have to be depressed about? Start accepting depression as a serious and sometimes fatal illness." [Landsberg: His Depression and His Friend Wade Belak](#) Landsberg recently discussed his battle with depression on the show The Agenda with Steve Paikin: [Michael Landsberg: Happy on the Outside](#) There's a CTV special February 8<sup>th</sup> called [Let's Talk](#) in which Landsberg, Clara Hughes, Stéphane Richer, and Darryl Strawberry discuss their love of sport and history of depression. Furthermore, in February Landsberg will receive the Mood Disorders Association of Ontario's [Hero Inspiration Award](#) in recognition "for his willingness to speak openly about his experience with depression, helping to stop the stigma surrounding mental illness."

At the 12<sup>th</sup> Annual Pharmacists' Association of Saskatchewan Conference, we are delighted that Michael Landsberg will be the keynote speaker on Saturday April 28<sup>th</sup> where he will talk candidly about his battle with depression and his campaign to eliminate the stigma attached to the disease.