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### Dr. Haskell speaks at University of Montana cardiovascular workshop

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IMMEDIATELY

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DR. HASKELL SPEAKS AT UM  
CARDIOVASCULAR WORKSHOP

MISSOULA--

Dr. William L. Haskell, director of program development for the President's Council on Physical Fitness and Sports, spoke at the physical activity and cardiovascular health workshop at the University of Montana, Tuesday (July 15).

"Possible preventive Mechanism Associated with Exercise" was the topic of Dr. Haskell's speech.

He listed the possible alterations that can result from moderate physical activity. The changes include, reduction of heart disease, blood pressure, obesity and psychic "strain"; alteration of blood-coagulation and neuro-hormonal control, and increase of glucose tolerance.

Other speakers Tuesday included Dr. Brian J. Sharkey, director of the workshop and UM associate professor in the health and physical education department; Dr. John L. Dayries, assistant director of the workshop and an assistant professor in the UM health and physical education department; and Dr. Carl S. Blyth, director of the Laboratory for Applied Physiology, University of North Carolina.

The workshop will continue through Friday, July 18.

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