



Dr. Patrick Owen

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TEC groups since 2023*

Dr. Owen will be joining us to share his presentation titled:

The Origins of Feeling Good: Sleep, Stress and Resiliency

In this presentation, we will examine health and wellness from an evolutionary perspective and learn how to incorporate simple habits that build resilience to stress, promote high quality restorative sleep, and encourage metabolic fitness. By understanding our ancestral lifestyle and dietary patterns, we can understand what needs to be done to become a healthy human in any environment.

About Dr. Owen

Dr. Patrick Owen is a Lecturer at the School of Nutrition, McGill University, where he teaches graduate courses in the fields of evolutionary nutrition, phytochemistry, and ethnobotany. His expertise stems from his field research in Tibet, India, Papua New Guinea, and Northern Canada where diet and lifestyle play a critical role in wellness, environment, and emotional well-being. He is one of Montreal's leading experts on Ancestral Health and Functional Nutrition and runs a private practice to help those looking to improve their body composition, manage stress, and ameliorate their overall quality of life.