



Care for Early Psychosis, FitMind is Attitude!

Early Psychosis Foundation (EPISO) was founded in 2007 and registered as a charitable institution in 2009. EPISO consists of experienced professionals and academics in the field of early psychosis. The society aims to make accessible knowledge and experience gained from research and clinical practice to promote high-quality early psychosis intervention services, professional training, and public awareness programs.

FITMIND is Attitude mega Fund-Raising Event— The First of its kind in Hong Kong

FITMIND is Attitude campaign is organized by Early Psychosis Foundation (EPISO), to disseminate the important message of Yoga is good for mental health (based on HKU and EPISO research findings), to patients with early psychosis, their healthy counterparts and all yoga loving people.

Summary of Research Findings

- Yoga improves memory in early psychosis.
- Yoga enhances attention and visual-motor processing speed in early psychosis.
- Yoga reduces clinical symptoms and depressive symptoms.
- Yoga increases the cortical thickness of post-central gyrus and the volume of corpus callosum, which are related to cognitive functions.



FITMIND IS ATTITUDE YOGA EVENT

Club Wheelock cares. Club Wheelock members gathered to participate in the FITMIND is Attitude campaign that raise fund for Early Psychosis Foundation which targets to promote high-quality early psychosis intervention services, professional training, and public awareness programs. Apart from enjoying a soul soothing yoga session led by professional instructors, members learnt more about the Early Psychosis Foundation, extending helping hands to the less fortunate.

