



**FREE
EVENT**

Secrets of ageing with resilience



SCAN THE QR TO
BOOK A SPOT

**Wednesday
26 October
10am-1pm**

**The Juniors
558A Anzac Parade, Kingsford**

**Join us for this forum designed
for older people and their support
network. Hear from experts
who will explore the theme of
resilient ageing.**

For more information:

Email acpforum@health.nsw.gov.au
or call 9382 3759.

Bookings:

Registration required for catering purposes
<https://OPMH22.eventbrite.com.au>

A collaboration between Older Persons Mental Health Service,
Prince of Wales Hospital and Randwick Council.

Opening address:

Debra Graves, Deputy Chair, South Eastern Sydney
Local Health District
Dylan Parker, Mayor of Randwick City Council

Speakers include:

Gordon Parker AO, Professor of Psychiatry, UNSW,
Author, NSW Nominee Senior Australian 2019

Elizabeth Chong AM, Chef and Australian queen of
Chinese cookery, author and media and television
personality

Peter Halas, Holocaust survivor, Courage2Care
advocate

Lynette Riley, Associate Professor, University of
Sydney, Wiradjuri and Gamilaroi Woman, NSW
Nominee Senior Australian 2022

Maria A. Fiatarone Singh AM, Geriatrician and
Professor, John Sutton Chair of Exercise and Sport
Science, Sydney Medical School, University of Sydney

Henry Brodaty AO, Professor of Ageing & Mental
Health, Co-Director Centre for Healthy Brain Ageing
(CHeBA) UNSW

The South Eastern Sydney Health District follow Public Health guidelines and should the
need arise, the forum will be held online. Attendees will be advised of any changes.