

Humour and Happiness for Healthy Ageing

Wednesday 18th November 2015: 10am – 1pm
@ The Juniors 558^A Anzac Parade, Kingsford

**Humour is good for the brain,
it reduces pain, improves your mood
and immune system and helps you
cope with stress**

**Laughter is the
best medicine**

**Learn and laugh
your way to
better health**

Don't worry, be happy

Sophie Scott
ABC Health reporter and author

The Magic of Humour

Jean-Paul Bell
Arts Health Institute

Don't worry, have fun

Professor Henry Brodaty AO
Aged Care Psychiatry, POWH and
ChEBA, UNSW

Jump into Music

Joanna Weinberg
Arts Health Institute

Don't worry, be healthy

Associate Professor Lee-Fay Low
University of Sydney

Chair: Maurie Barlin, Arts Health Institute

Morning tea will be provided

BOOKING ESSENTIAL

Free admission

Email: ACPSforum@gmail.com

Phone: 9382 3753



Health
South Eastern Sydney
Local Health District



Genworth

