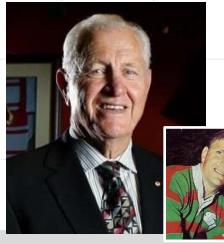
Aged Care Psychiatry Service, Eastern Suburbs Mental Health Services

I'M **OLDER** BUT NOT **OLD**

Tuesday 24 October 2017 10am – 1pm at The Juniors 558A Anzac Parade Kingsford





SPECIAL GUEST SPEAKER: Ron Coote AM

A Free Public Health Forum Booking is essential. RESERVE YOUR SEAT NOW

ACPforum@health.nsw.gov.au

Light morning tea will be provided Chair: Professor Henry Brodaty AO Senior Old Age Psychiatrist, Aged Care Psychiatry Service Co-Director, Centre for Healthy Brain Ageing (CHeBA)

Opening Address: Michael Still Chairman, SESLHD Board

Healthy Ageing: Ron Coote AM Rugby Legend & Honorary President of Men of League

Falls Prevention - Staying Upright, Staying Independent: Professor Jacqui Close Principal Research Fellow, NeuRA

What is Mindfulness and How It Can Help You & Guided Meditation Session: Francesca Coniglio Rehabilitation Coordinator, Eastern Suburbs Mental Health Service

Dealing with Pain: Dr Swapnil Sharma Conjoint Senior Lecturer, UNSW Sydney

Memory Fitness - Training Your Brain: Dr Nicole Kochan Research Fellow, Centre for Healthy Brain Ageing (CHeBA) Clinical Neuropsychologist, Prince of Wales Hospital









