

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

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

A Free Public Health Forum

Booking is essential.

RESERVE YOUR SEAT NOW

ACPforum@health.nsw.gov.au

Light morning tea will be
provided