

KICK START HEALTHY AGEING

9 November 2016

**10am – 1pm at The Juniors
558^A Anzac Parade Kingsford**



A Free Public Health Forum

Booking is essential

RESERVE YOUR SEAT NOW

Email: ACPSforum@gmail.com

Phone: 9382 3753

Tea will be provided

Chair: Maurie Barlin

Opening address: Michael Still
Chairman, South Eastern Sydney Local
Health District Board

Sweet Dreams are Made of This
Sleep & Healthy Ageing
Professor Sharon Naismith

All You Need is Friends
Social Connectedness & Healthy Ageing
Professor Henry Brodaty

Move it or Lose It
Healthy Ageing Workout
Craig Douglass

Let's Get Physical
Exercise & Healthy Ageing
Professor Maria Fiatarone Singh

The Good, The Bad & The Ugly
Use of Medications & Healthy Ageing
Dr Lisa Pont

Food Glorious Food
Eating the Mediterranean Way &
Healthy Ageing
Sue Radd-Vagenas AdvAPD