



# STRATEGIES FOR HEALTHY AGEING

Wednesday, 30 October 2019

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

FREE  
FORUM

Opening Address – **Michael Still**

*Chairman, South Eastern Sydney Local Health District*

Ageing Well – **Marcus Riley**

*Author of "Booming: A life-changing philosophy for ageing well"*

Strategies for Being a Carer – **Richard Grellman AM**

*Spokesman – The Dementia Momentum, Chairman of IPH Limited & FBR Limited*

Strategies for Memory – **Professor Henry Brodaty AO**

*Senior Old Age Psychiatrist, Older Persons' Mental Health Service, Eastern Suburbs Mental Health Services; Co-Director - CHeBA, Director – DCRC; Head of Memory Disorders Clinic - POWH*

Strategies for Successful Sex – **Tracey Clark**

*Sexuality and Intimacy Trainer, Neuro Rehabilitation Specialist and Aged Care Manager, Uniting*

Being Active – **Gwen Korebrits**

*CEO, Dance Health Alliance*

Strategies for Finances – **David Codey**

*Consulting Adviser, Accredited Aged Care Specialist, Morgans Financial Limited*

Booking is essential — Register online at  
<https://strategieshealthyageing.eventbrite.com.au>

or call (02) 9382 3759

Morning tea will be provided.