

Profound Healing - Sustainable Wellbeing

The Gawler Foundation Annual Conference

Saturday 13 & Sunday 14 November 2010

Hilton on the Park - Melbourne

Information, Inspiration and Motivation ... Make a difference to your Health and your Life!



An integrated approach
to health, healing
and wellbeing



Dr Lesley Braun



Dr Elizabeth Brophy



Dr Bernie Crimmins



Sandra Dubs



Dr Ruth Gawler



Dr Craig Hassed



Dr Carole Hungerford



Prof George Jelinek



Dr Louise Mahler



Dr Brian Meade



Dr David Morawetz



Prof Margaret
O'Connor



Prof Ian Olver



Prof Kerryn Phelps



Prof Avni Sali



Rabbi Laibl Wolf

Lesley Braun PhD B.Pharm DipAppSci Naturopathy Grad Dip Phytotherapy
A trained pharmacist and naturopath with post-graduate qualifications in herbal medicine; Senior Research Fellow in Dept of Surgery, Monash University at Alfred Hospital and Research Supervisor; Vice President of National Herbalists Assoc of Australia and member of many advisory boards. She developed the Mayne herb-drug interaction guide and is co-author of *Herbs & Natural Supplements: an evidence based perspective*.

Elizabeth Brophy PhD LLB DipSocStud MSW(Hons)
Elizabeth is a barrister and mediator with a special interest in health and medical law. She is a leading expert in the regulation of the integration of complementary medicine and legal issues related to the practice of complementary medicine. Elizabeth has authored papers and presented at national and international conferences in this area.

Dr Bernie Crimmins MBBS Grad Dip Human Nutrition MPH (Nutrition)
A general practitioner since 1983, after graduation from Melbourne University and residency years at St Vincent's Hospital. With a Graduate Diploma in Human Nutrition and Masters Degree in Public Health, his special interests are nutrition, weight management and sports medicine. The Hawthorn Football Club's Medical Officer for 15 years, Bernie's other area of interest is Men's Health and he is the author of *Bloke's Health*.

Sandra Dubs BBus(Acc) BBus(Mkt) GradDip ApplSc (Nutritional & Environmental Medicine)
A Wholefood Nutritionist, Natural Food Educator and Cooking Teacher for 25 years. Sandra taught *Food as Medicine* at Monash University Medical School; now at Box Hill Institute, CAE, her private kitchen, and is Wholefood Nutritional Consultant for the National Institute of Integrative Medicine. She runs nutrition and wholefoods courses and passionately creates health supportive wellbeing programs for corporate and private clients.

Dr Ruth Gawler MBBS MGPPsych FACPpsychMed FPA(Cert)
A medical practitioner and therapist, Ruth believes strongly in the benefits of integrating orthodox and complementary medicine and the use of counselling to obtain a fully encompassed approach to health. Ruth enjoys assisting people to take responsibility and direct their own healing and has a special interest in the therapeutic application of meditation.

Dr Craig Hassed MBBS FRACGP
A General Practitioner and Senior Lecturer at Monash University, Dept of General Practice. Craig's teaching, research and clinical interests involve mindfulness-based stress management, mind-body medicine, meditation, holistic healthcare, integrative medicine and medical ethics. He is a regular media commentator on these issues and author of *New Frontiers in Medicine*, *Know Thyself* and recently *The Essence of Health*.

Dr Carole Hungerford BA MBBS FACNEM
A general practitioner, Carole worked for five years in London and now shares time between her rural practice in Bathurst and inner-city practice in Sydney. She helps educate young graduates for the RACGP and is a fellow of ACNEM. Carole's book *Good Health in the 21st Century* won the 2006 Qld Premiers literary awards for science writing. She has a special interest in organic farming, nutritional and environmental medicine.

Professor George Jelinek MBBS MD DipDHM FACEM
Professorial Fellow, Dept of Medicine, University of Melbourne (St Vincents Hospital); Former President of Australasian Society for Emergency Medicine; Emeritus Editor of the journal *Emergency Medicine Australasia*; author of several textbooks in Emergency Medicine. An MS survivor, author of *Overcoming Multiple Sclerosis*, he offers a unique perspective based upon scientific research, clinical experience and profound insight.

Paul Bedson BA BAcup BCouns - Qigong during lunch Senior Therapist at The Gawler Foundation

Philippa Challis Laughter workshop during lunch 'Life Life Laughing', Secretary Laughter Clubs Victoria

Mike Johnson Harp Resident harpist at Royal Botanic Gardens, he plays tranquil and meditative music

Louise Mahler PhD BEcon BMus MAppSc GradDipMus LMusA
Louise's work *Vocal Intelligence* has made a dramatic impact for many individuals and organizations. At the peak of her career as a former opera singer with a soloists contract at the Vienna State Opera, Louise 'lost her voice' in a crisis of confidence. She found it again through award winning study that connects voice, body and mind in pathways to knowledge that is applied to all aspects of life including work, health and wellbeing.

Brian Meade BSc(Hons) PhD
Senior Research Fellow at the National Institute of Integrative Medicine, Brian majored in Clinical Biochemistry, Pathology and Endocrinology. He lectured in Physiology and Endocrinology and did research on the immune system. A former Chief Research Investigator, his special interest is the biochemistry, molecular biology and endocrinology of cancer. Author of *So you have Prostate Cancer too! A Medical Scientist with Prostate Cancer Asks Questions, Finds Answers*

Dr David Morawetz BA(Hons) MSc(Econ) PhD MEd(Counselling) MPsych
A clinical and counselling psychologist in Melbourne, David is widely acknowledged as one of Australia's foremost experts on helping people to sleep better without medication. He has published articles on sleep in the United States, Netherlands and Australia and presented papers at conferences overseas. He has taught postgraduate classes on sleep therapy and other subjects at La Trobe, Monash and Swinburne Universities.

Professor Margaret O'Connor AM RN DN MN B.Theol FRCNA
Margaret has held The Vivian Bullwinkel Chair for 7 years, which encompasses 3 clinical partners. President of Palliative Care Australia, she is responsible for the Palliative Care Research Team in the School of Nursing & Midwifery, Monash University and manages a number of clinical research projects. She sits on many state, national and international committees related to palliative care and is well published in her research areas.

Professor Ian Olver MD PhD CMin FRACP FACHPM MRACMA
CEO Cancer Council Australia
A practicing oncologist for over 25 years, he completed a PhD in bioethics exploring life and death issues; trained in medical oncology at Peter MacCallum Cancer Institute, Alfred Hospital and University of Maryland Cancer Centre in Baltimore. Prof Olver serves on many boards including the National Breast and Ovarian Cancer Centre, Executive of the Clinical Oncological Society of Australia and Advisory Board of Cancer Australia.

Professor Kerryn Phelps MBBS FRACGP FAMA
Adjunct Professor at Sydney University Faculty of Medicine; First female Federal President of the Australian Medical Association elected in 2000; Awarded the Centenary Medal for services to Health and Medicine in 2003; President of the Australasian Integrative Medical Association elected in 2009. Kerryn appears regularly in the media, has two medical clinics in Sydney and her particular interest is in the area of Integrative medicine.

Professor Avni Sali MBBS PhD FRACS FACS FACNEM
Director National Institute of Integrative Medicine; former Head of Graduate School of Integrative Medicine Swinburne University and University of Melbourne Dept of Surgery Heidelberg Hospital; President International Council of Integrative Medicine; International Advisory Board of American Academy Anti-Ageing Medicine; Board Member The Gawler Foundation. His expertise is the cause of disease, cancer and difficult clinical problems.

Rabbi Laibl Wolf LL.B M.Ed.Psych D.Div
A world-wide lecturer in comparative spiritual wisdoms, Laibl is a much sought after personal growth consultant blending contemporary psychology with ancient teachings to facilitate a holistically based behavioural approach to success and wellness. Trained in law and psychology, he is an unusual blend of Hassidic Rabbi and universal teacher, equally at home in a Buddhist ashram as he is in a synagogue or counselling practice.

An exciting, informative and inspiring program for all

- Everyone interested in prevention and wellbeing to enhance their own health
- People, their families and carers affected by cancer, MS or other chronic illness
- Health Professionals: This activity has been approved by the RACGP
Allocation 2 points/hour TOTAL CPD POINTS 24 (Category 2)

SATURDAY 13 NOVEMBER

8.15am - 9.00am	Arrival and Registration	Michael Johnson - Harp
9.00am	Welcome Short Meditation	Karin Knoester, CEO Paul Bedson
9.10am - 10.30am		

Perspectives on Complementary and Alternative Medicines Prof Ian Olver CEO Cancer Council Australia

The same therapy could be used to complement conventional medicine, be promoted as an alternative to conventional medicine, or if eventually there was evidence of efficacy found in two prospectively randomised trials it could then become part of conventional medicine. I have collected different perspectives on CAMs for a book, and these perspectives reflect on how CAMs and conventional medicine interact. This can be used to build an understanding of the field, reflect on the nature of evidence and explore the possibilities for integrating CAMs and conventional medicine.

Future Medicine vs Medical Conservatism Prof Kerryn Phelps

The future of medicine is likely to be a balance between conventional practice and traditional and emerging therapies. Patient demand for answers to serious medical problems often drives experimental therapies and research into innovative treatment techniques. The same can be said of both conventional and so-called complementary therapies. The progress of medicine is dependent on a healthy balance between medical conservatism and progressive innovation. This presentation discusses the natural tension between what is "established" and what is "possible".

10.30am - 11.00am	Morning Tea	
11.00am - 12.30pm		

Mainstreaming complementary medicine: Implications for the future of health care Dr Elizabeth Brophy

Consumers are increasingly choosing to incorporate elements of complementary medicine into health care and one third of general practitioners characterise their medical practice as integrative. But complementary medicine still remains largely outside mainstream health care with many consumers unaware of and/or unable to afford evidence-based complementary medicine. What regulatory strategies are needed to mainstream evidence-based complementary medicine and how will such changes affect the future delivery of health care services?

Physical Exercise - the wonder drug Dr Craig Hassed

It is as natural for the body to move as it is for it to eat. Unfortunately modern life has become increasingly sedentary, and this has enormous implications for mental and physical health now and in the future. This address will present the evidence regarding physical exercise and its benefits in preventing and managing a wide range of illnesses as diverse as cancer, heart disease, depression and dementia. If the benefits of exercise could be put into a pill it would be both universally prescribed and very expensive.

The role of diet and nutrition to prevent and help manage illness Dr Lesley Braun

Food provides us with much more than fuel for the body - it also has the potential to prevent serious disease and cure or manage others. In other words, food is medicine and by manipulating our diet, we can reduce the risk of disease and improve our quality of life. This talk introduces the concept of food as medicine and examines the scientific evidence to support the concept. It also focusses on several specific foods and their effects on the body and how this translates into health benefits.

12.30pm - 1.45pm	LUNCH	Michael Johnson - Harp
	Optional Qigong with Paul Bedson OR Laughter Workshop with Phillipa Challis	

1.45pm - 3.00pm	PANEL DISCUSSION	
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Panellists: Prof Avni Sali, Prof Kerryn Phelps, Prof Ian Olver, Dr Craig Hassed, Dr Elizabeth Brophy, Dr Lesley Braun

Integrative Health Care: challenges, opportunities and vision for the future

A lively interactive panel discussion with diversified and highly qualified leaders in the field of Integrative Health Care including a Barrister with a special interest in health and medical law. A unique opportunity to participate and learn from this important discussion and debate!

3.00pm - 3.30pm	AFTERNOON TEA	
3.30pm - 4.30pm	CONCURRENT WORKSHOPS 'A'	

Doctor-Patient Relationships: Effective communication Dr Ruth Gawler

A generation or two ago, the doctor was "like God" and you just did what you were told. The Australian medical culture now has changed completely from that era. We have a highly educated population, heavy reliance on investigations, and a great many treatments on offer. Patients have massive amounts of good and bad information at their finger-tips over the internet. Dr Ruth Gawler will explore this cultural shift and what we need to do now to get the most from our doctors.

Exercise: how to embed it into your life Dr Bernie Crimmins

We all know that exercise is good for us but there is never enough time in the day for it. Or is there? But I have this medical problem that prevents me from doing it! Or does it? Why, when, how much and with whom should you exercise? These are the practical questions to be answered by this workshop.

Consumer choice in health care Dr Elizabeth Brophy

Choice is an important regulatory principle for future health care. Providing accessible and affordable health care choices including, conventional and complementary, holistic and reductionist, high tech and low tech, is a current challenge for Australia's health care system. Maximising choices and the consumer's freedom to choose allows for the expression of individual values and preferences, gives consumers greater control over decision-making and assists in promoting consumer autonomy and responsibility. This workshop will explore the crucial role of the principle of choice in health care.

4.30pm - 5.30pm	CONCURRENT WORKSHOPS 'B'	
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Food as Medicine: Nutrition and Wholefood for Wellness Sandra Dubs

When experiencing health issues, people try many avenues: dealing with relationships, changing careers, travelling, exercise, counselling, and meditation. Eventually they come to changing their eating habits. This is really the simplest thing to do to effect change. We all have different eating habits, lifestyles, medical histories and attitudes towards food. Choosing healthy, natural, wholefoods are a major influence on healing and maintaining health. Sandra will share easy to understand, practical principles and recipe ideas for choosing wholefoods wisely in order to maintain a healthy immune system and lifestyle.

Mindfulness Meditation Dr Craig Hassed

Recent research is suggesting this may be the most gentle but powerful way of managing many challenging illnesses. Explore the practice of mindfulness based therapies and a range of cognitive strategies based on mindfulness - how they can be used personally and professionally to help manage conditions as diverse as depression, anxiety, chronic pain and panic disorder, or to assist us in living and functioning more fully.

Vocal Intelligence: The healing power of sound Dr Louise Mahler

Voice is a choice. We can develop, expand, adjust and improve the way we use it as an expression of self and the benefits are manifold. Confidence rises. Relationships improve. People listen to us more. We feel better. We are healthier and we learn about ourselves. In fact rather than believing voice to be a manipulable tool for persuasive communication, voice is actually most at home as a thermometer of personal state. Remarkably, when we take on this new perspective, we become more authentic in who we are.

SUNDAY 14 NOVEMBER

9.00am - 9.30am	Arrival and Registration	Michael Johnson - Harp
9.30am - 9.40am	Welcome Short Meditation	Karin Knoester, CEO Paul Bedson
9.40am - 11.00am		

Willpower and Wellness - A Spiritual Matrix Rabbi Laibl Wolff

For many, 'willpower' is perceived as the product of a complex interface of emotions and perceptions, genetics and environment, atoms and energy. While these elements may indeed be the mechanics of willpower, there is also a cohesive dynamic that focuses the elemental components into a moment of reality and truth. By and large that unifying dynamic is referred to as personality, or the soul, consciousness, and other variants. I would like to consider with you a model of motivation as it arises in an ancient, but surprisingly modern, body of wisdom-teaching.

The holistic philosophy in palliative care - what does this mean in practice Prof Margaret O'Connor

One of the basic tenets of palliative care is holistic care - care of the whole person. An assumption about the provision of holistic care is that a range of disciplines are involved in the management of a person's care. There is an inherent recognition that no one clinician has all the skills to care for a person at the end of life. Teamwork is an essential element - I will discuss the benefits and difficulties in models of palliative care being used in contemporary health care.

So you have prostate cancer too! Dr Brian Meade

A medical scientist with prostate cancer asks questions, finds answers
Diagnosed with prostate cancer a few years ago, Brian decided not to undergo aggressive interventions such as surgery or radiation, but to embrace a lifestyle change which has proved effective. He has written a book: *So You Have Prostate Cancer Too! A medical scientist with prostate cancer asks questions, finds answers.* Today, Brian will share his story. Prof John Murtagh, Professor of Medicine at Monash University, said "...this is an empowering book for men with prostate cancer, with a reassuring message that you can certainly control your disease."

11.00am - 11.30am	Morning Tea	
11.30am - 1.00pm		

Sleep better without drugs Dr David Morawetz

A brief overview of the *Sleep better without drugs* self-help program and explanation of how it works. Topics include: who benefits from the program and who does not, elimination of sleeping medication, strategies to reduce thinking and worrying in bed, learning to tune in to the body's 'natural sleepiness cycle', sleep scheduling and sleep hygiene. This program is recommended by Medibank Private and MBF to their members. An independent US study found the program has a success rate of 83%.

Cancer: Missed opportunities in prevention and treatment Dr Carole Hungerford

Doctors and cancer researchers alike are keen to find the magic bullet to cure cancer. This is understandable. What is neither understandable nor forgivable is the lack of focus on, and often outright denial of 'magic bullets' already provided to us by Mother Nature. In a similar vein, 'Prevention', described by the renowned US Cancer expert Sam Epstein, as 'the one area of the cancer debate most likely to make a difference' is overlooked. The politics behind this and how we can make changes will be addressed in this talk.

**What have we learned from Vioxx:
The pharmaceutical industry in court**

Prof George Jelinek

In 2009, a class action was heard against Merck who developed and marketed Vioxx. Evidence was presented they downplayed the cardiovascular risk, continued marketing the drug after being aware it caused at least a four-fold increase in deaths compared to placebo and recruited academic authors as lead authors on supportive papers produced in-house and by medical writing companies. Court documents will be shown to illustrate this evidence. Merck was subsequently found guilty of breaching the Trade Practices Act in marketing a pharmaceutical that was not of 'merchantable quality' and was ordered to pay damages.

1.00pm - 2.15pm

Lunch

Michael Johnson - Harp

Optional Qigong with Paul Bedson OR Laughter Workshop with Phillipa Challis

2.15pm - 2.45pm

An integrative approach to the prevention and care of people with cancer and chronic illness

Prof Avni Sali

In the prevention and care of chronic illness such as cancer, MS, heart disease, stroke, dementia, diabetes and osteoporosis, the integrative approach is mandatory. Latest research and advances in mind-body medicine will be reviewed as well as nutrition, nutritional supplements, herbal medicines and environmental factors.

2.45pm - 3.45pm

CONCURRENT WORKSHOPS 'C'

Healing: More than just fixing the body

Prof George Jelinek

In Western countries, we have come to believe that pharmaceuticals promote health and healing. In fact, the majority are used when health fails, and mostly control symptoms rather than assist with healing. Many health authorities have forgotten that healing comes from within, and is multi-faceted. This workshop will explore some of these factors.

Exploring what you and your doctor can do to achieve good health in the 21st century

Dr Carole Hungerford

On an individual basis there are many things a person can do to minimise their own risk for developing cancer, preventing recurrence if they already have cancer, or dealing with ongoing malignancy. This will be a very interactive workshop with discussion of these and other issues to achieve good health in the 21st century.

Don't just manage anger - Get rid of it:

Rabbi Laibl Wolff

The kabbalah of mastering emotions for wellbeing

The western model of anger often defines in terms propriety - appropriate anger and inappropriate anger that is best managed. Management courses stress identification of emerging symptoms, containment strategies, and reward. I propose an approach that moves away from management techniques and eliminates anger altogether from a personality profile through a paradigm shift - a changed perception of reality. I will offer training techniques and quite different axioms of human personality. I will propose that anger is always 'bad, wrong and hurtful'. Have I thrown down the gauntlet?

3.45pm - 4.15pm

Afternoon Tea

4.15pm - 5.15pm

CONCURRENT WORKSHOPS 'D'

Prevention and treatment of cancer and chronic illness

Prof Avni Sali

This workshop will discuss the role of complementary and conventional medicine. An interactive question and answer session will provide the opportunity to cover the best integrative approaches for treatment of cancer and chronic illness, providing an opportunity to discuss the role of the mind, diet, nutritional and herbal supplements, surgery, drugs, chemotherapy, radiotherapy and emerging therapies.

The Nurse's role in patient centred health care

Prof Margaret O'Connor

Nursing has become more and more its own professional discipline over the last 2 decades or so. Much of this professional confidence and autonomy is attributable to changes in nursing education as well as a more tangible career structure. No longer regarded as 'handmaids of the doctor' nursing is a key professional role in most aspects of healthcare. This workshop will explore the contemporary roles that nurses perform and seek participant involvement in ways to further enhance the development of nursing.

How to sleep better: Learn effective techniques

Dr David Morawetz

This session will go into some detail about the *Sleep Better Without Drugs* self-help program that helps people suffering from insomnia and how it works, including time for questions and discussion. Topics will include: who benefits from the program and who does not, elimination of sleeping medication, strategies to reduce thinking and worrying in bed, learning to tune in to the body's 'natural sleepiness cycle', sleep scheduling and sleep hygiene.

5.15pm - 5.30pm

Closing forum

THE GAWLER FOUNDATION RESOURCE CENTRE

A wide selection of books, audio and other resources will be offered and some speakers will be available at selected times to personally sign their books purchased at the conference

PUBLIC TRANSPORT

Train: Jolimont station is located across the road in Wellington Parade
Tram: Tram stop Nr 11 corner Wellington Parade and Clarendon Street
Nr 75 along Flinders Street (from/to the city)
Nr 48 along Collins Street (from/to the city)

ACCOMMODATION

Hilton on the Park - 192 Wellington Parade, East Melbourne
Special conference rate: \$245.00 per night (room only)
www.hilton.com Tel: 03 9412 3222 Fax: 03 9419 2001
E: reservations.melbourne@hilton.com Quote Ref: GAW131110

CONFERENCE VENUE

Hilton on the Park - 192 Wellington Parade, East Melbourne
Tel: 03 9419 2000 Fax: 03 9419 2001 Melways Ref Map 44 B 9
Car Parking: \$22 per entry per day, subject to availability

Georgian Court Bed & Breakfast - 21 George St, East Melbourne
Room Rate: \$99 to \$159 per night (including buffet breakfast)
www.georgiancourt.com.au Tel: 03 9419 6353 Fax: 03 9416 0895
E: info@georgiancourt.com.au Approx 8 minutes walk to conference venue

BOOK EARLY FOR A CHANCE TO WIN!

Completed registrations received by 19 October will go in a prize draw for overnight stay with buffet breakfast (2 people in a double or twin room) at Hilton on the Park - Melbourne



Registration Form and Tax Invoice ABN 79 160 595 251

Complete and return with payment to: The Gawler Foundation, PO Box 77, Yarra Junction Vic 3797
Tel: 03 5967 1730 Fax: 03 5967 1715 Email: info@gawler.org Website: www.gawler.org

PLEASE PRINT CLEARLY

Title: Given name: Surname:
Title: Given name: Surname:
Address: Postcode:
Tel: Mobile: Email:

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ANNUAL CONFERENCE: Includes all Sessions; Morning/Afternoon Teas and Light Vegetarian Lunch (GST inclusive)

Day 1	Sat 13 November	\$190 Full	<input type="checkbox"/>	\$175 Gawler Foundation Member	<input type="checkbox"/>	\$160 Concession	<input type="checkbox"/>
Day 2	Sun 14 November	\$190 Full	<input type="checkbox"/>	\$175 Gawler Foundation Member	<input type="checkbox"/>	\$160 Concession	<input type="checkbox"/>
2 Days	Sat 13 and Sun 14	\$350 Full	<input type="checkbox"/>	\$325 Gawler Foundation Member	<input type="checkbox"/>	\$300 Concession	<input type="checkbox"/>

SPECIAL REQUIREMENTS Do you have any special needs? (ie wheelchair access/hearing impaired/dietary)

A light vegetarian lunch will be served to all attendees, unless other special dietary needs are specified.

CONCESSION: Healthcare Card Nr: **Full Time Students:**

Gawler Foundation Member Nr: **Health Professionals QA & CPD Nr:**

PAYMENT: Total amount payable \$by crossed cheque made payable to 'The Gawler Foundation'
or credit card: Visa Mastercard Card No:/...../.....
Cardholder's Name: Expiry Date:/..... Signature:

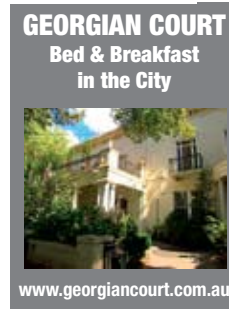
CONCESSION:
Healthcare Card Holders
Full Time Students
DISCLAIMER:
The organisers reserve the right to alter items in the conference or related programs. The information contained within this program is true and accurate to the best available information at time of printing.
INSURANCE:
Registration fees DO NOT include insurance of any kind. It is the responsibility of attendees to have their own travel and medical insurance arranged prior to the conference.
CANCELLATIONS AND REFUNDS:
All cancellations must be notified in writing. For other than exceptional circumstances, cancellations will incur an administration fee of \$50 prior to 5 November. Thereafter no refund will be given, however a substitute person may attend.

* Please complete reverse of this form





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WRITTEN COMMENTS FROM FEEDBACK FORMS LAST YEAR INCLUDE:

Everything was wonderful - different perspectives and integrating scientific research into a holistic approach

The whole conference is fantastic - great to see so many different ideas, wonderful speakers and workshops

All speakers and information were excellent - I came for knowledge and inspiration and got plenty of each - Thank you!

Outstanding event - a great variety of speakers and topics - the whole conference was inspiring and interesting - just brilliant!

A wonderful balance of evidence based information from influential, authentic and dedicated professionals

Being offered the tools to take charge of my body, my health, my life, my wellbeing through the addresses, workshops and resources has been mind blowing

This conference has gathered a range of speakers who presented informative, knowledgeable and provocative information covering a range of topics - Well done!

Thank you for such a wonderful, inspiring and deeply supportive conference. I was moved, inspired and well informed at every level and it surpassed by far all my expectations

Registration Form continued

INTERACTIVE WORKSHOPS: Please indicate which workshop you wish to attend for each session

Concurrent Workshops 'A'

- Dr Ruth Gawler
*Doctor-Patient Relationships:
Effective communication*

Saturday 13 November

- Dr Bernie Crimmins
Exercise: how to embed it into your life

3.30pm - 4.30pm

- Dr Elizabeth Brophy
Consumer choice in health care

Concurrent Workshops 'B'

- Sandra Dubs
*Food as Medicine:
Nutrition and Wholefood for wellness*

Saturday 13 November

- Dr Craig Hassed
Mindfulness Meditation

4.30pm - 5.30pm

- Dr Louise Mahler
*Vocal Intelligence:
The Healing Power of Sound*

Concurrent Workshops 'C'

- Prof George Jelinek
Healing: More than just fixing the body

Sunday 14 November

- Dr Carole Hungerford
*Exploring what you and your doctor can do
to achieve good health in the 21st century*

2.45pm - 3.45pm

- Rabbi Laibl Wolff
*Don't just manage anger, get rid of it:
The kabbalah of mastering emotions for wellbeing*

Concurrent Workshops 'D'

- Prof Avni Sali
*Prevention and treatment of cancer
and chronic illness*

Sunday 14 November

- Prof Margaret O'Connor
The Nurse's role in patient centred health care

4.15pm - 5.15pm

- Dr David Morawetz
*How to sleep better: learn effective
techniques*

Please Note: There will be no tickets issued for the conference. Simply complete and return this form with full payment then register your name upon arrival at Hilton on the Park, Melbourne. This program is true and accurate to the best available information at time of printing.