



Healthy Ageing Forum – Getting Old is not a Disease! The Prevention and Management of Chronic Disease

Date: Saturday 20 February 2021
Time: 8.30am – 3.30pm (light refreshments will be provided)
Venue: ***PLEASE NOTE CHANGE OF VENUE***
University of the Sunshine Coast (USC), **Innovation Centre** (near the Main Entrance)
Cost: **FREE**

PROGRAM

8.00am – 8.30am – Registrations
8.30am – 8.35am – Introductions - **MC – Dr Karen Sutherland**
8.35am – 8.40am – Welcome to Country – **Tais K'Reala Randanpi**
8.40am – 8.45am – Welcome – Sunshine Coast Council
8.45am – 9.00am – Opening Address – **Professor Helen Bartlett** (Vice-Chancellor, USC)
9.00am – 9.20am – Keynote Speaker – **Dr Sam Manger** (President, Australasian Society of Lifestyle Medicine)

Session One - Theme – Heart, Liver and Brain Health

9.30am – 9.45am – **Professor Kim Greaves** (Sunshine Coast University Hospital)
9.50am – 10.05am – **Professor James O'Beirne** (Sunshine Coast University Hospital)
10.10am – 10.25am – **Associate Professor Mathew Summers** (USC)
10.30am – 10.45am – Panel of Speakers and Q & A

10.50am – 11.10am – MORNING TEA

Session Two - Theme – Exercise

11.15am – 11.30am – **Professor David Jenkins** (USC)
11.35am – 11.50am – **Associate Professor Chris Askew** (USC)
11.55am – 12.10pm – **Dr Mia Schaumberg** (USC)
12.15pm – 12.30pm – Panel of Speakers and Q & A

12.35pm – 1.10pm – LUNCH

Session Three - Theme – Nutrition and Mindfulness

1.15pm – 1.30pm – **Dr Anthony Villani** (USC)
1.35pm – 1.50pm – **Dr Hattie Wright** (USC)
1.55pm – 2.10pm – **Associate Professor Fraser Russell** (USC)
2.15pm – 2.30pm – **Dr Ben Isbel** (Sunshine Coast Mind and Neuroscience – Thompson Institute, USC)
2.35pm – 2.50pm – Panel of Speakers and Q & A
2.55pm – 3.05pm – Conclusion

STALLHOLDERS

- 1. Sunshine Coast Hospital and Health Service – including –**
 - **Community Chronic Conditions**
 - **Healthy Lifestyle**
 - **Falls Prevention**
 - **BreastScreen Queensland**
- 2. Healthy Sunshine Coast**
- 3. My Health for Life Stroke Foundation Queensland**
- 4. parkrun Australia**
- 5. CWA Country Kitchens**
- 6. Exercise Right for Better Ageing (Exercise & Sports Science Australia)**
- 7. Arthritis Queensland**
- 8. Sunshine Coast Dementia Network**
- 9. Buderim Dementia Alliance**
- 10. Diversicare – Ethnic Communities Council of Queensland**
- 11. Moving Moments**
- 12. Senior Social Connections Program – Relationships Australia Queensland**

Please Note – this Program is subject to change.