



## 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 –** University of the Sunshine Coast (USC), Lecture Theatre 7, Chancellery (C Building)  
**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

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**
  - **Aboriginal and Torres Strait Islander Health Team**
  - **BreastScreen Queensland**
- 2. Healthy Sunshine Coast**
- 3. My Health for Life Stroke Foundation Queensland**
- 4. Health and Wellbeing Queensland**
- 5. parkrun Australia**
- 6. CWA Country Kitchens**
- 7. Exercise Right for Better Ageing (Exercise & Sports Science Australia)**
- 8. USC Thompson Institute**
- 9. Heart Foundation Walking**
- 10. Cancer Council Queensland**
- 11. Arthritis Queensland**
- 12. Sunshine Coast Dementia Network**