

Profound Healing - Sustainable Wellbeing

The Gawler Foundation Annual Conference

Saturday 15 & Sunday 16 November 2008

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



Associate Professor
Lily Stojanovska



Julie Stafford



Dr Nimrod Sheinman



Professor
Timothy Sharp



Professor Avni Sali



Michelle Russell



Dr Carolyn Russell



Dr Johnathan Page



Professor Rob Moodie



Dr Louise Mahler



Dr Daniel Lewis



Professor
George Jelinek



Dr Craig Hassed



Dr Sherelle Dye



Paul Bedson

Associate Professor Lily Stojanovska BSc MSc PhD

Involved in medical research, teaching and supervising post-graduate students in the area of women's health and prevention of chronic diseases at the School of Biomedical and Health Sciences, Victoria University. Co-author of *The Other Fact of Life*; *Taking Control of Menopause*; *Menopause for Dummies*; *Food and Nutrition for Dummies*. Lily's achievements have been listed in *Who's Who of Australian Women* and *Victorian Honour Roll of Women*.

Julie Stafford

Famous for her *Taste of Life* healthy eating cookbook series, including *Juicing for Health* with over 2.2million copies sold. Julie's new website is full of good health education, health topics from health gurus, recipes for everyday good health and motivations from her best selling motivation book *Stepping Out*. She will feed your spirit and desire to live an extraordinary taste of life, and her other life passion - innovative cancer research.

Dr Nimrod Sheinman BSc ND

Founder and director of the Israel Centre for Mind-Body Medicine; international expert and teacher of Mind-Body Medicine and in the clinical applications of Interactive Guided Imagery. Over the last twenty years Nimrod has taught and led seminars and trainings in the USA, Europe, Australia and Israel. He is a graduate (1983) of the National College of Natural Medicine in Oregon, USA and lives in Israel with his family.

Professor Timothy Sharp PhD MPsychol(Clinical) BSc(Hons)

Founder/Chief Happiness Officer of The Happiness Institute. Tim has three degrees in psychology; runs one of Sydney's largest clinical psychology practices; taught at all major NSW universities; currently Clinical Lecturer University of Sydney (Clinical Psychology) and Adjunct Professor (Positive Psychology) School of Management, Faculty of Business at UTS. A sought after speaker and best selling author, including *The Happiness Handbook*.

Professor Avni Sali MBBS PhD FRACS FACS FACNEM

Director National Institute of Integrative Medicine; President of Australasian Integrative Medicine Association; President of International Council of Integrative Medicine; International Advisory Board of the American Academy of Anti-Ageing Medicine and Board Member of The Gawler Foundation.

Michelle Russell

Michelle founded THRIVE in 2002 and brings her passion for food, its cleansing, healing and re-energizing properties to her classes. A hands-on healthy food and lifestyle education facility, with friendly informative vegetarian and vegan cookery classes held in Ballarat and Melbourne. Learn the foundation to eating well, protecting your health using natural, fresh foods to manage allergies and prevent disease.

Dr Carolyn Russell MBBS FRACGP MCouns DipRACOG GP

A general practitioner for 24 years, Carolyn now works as a GP Counsellor and Medical Educator in Queensland. She enjoys quilting and crazy patchwork, music, cycling and time with her family. With her work in Medical and Counselling education, Carolyn provides advocacy for persons for whom the health system has become a non-negotiable maze. Carolyn loves to facilitate others in thinking about life, meaning and sustainability.

Dr Jonathan Page MBBS BSc(Med) FRACP

Jonathan has been a Medical Oncologist for 25 years, treating patients with advanced cancer and those with high-risk early cancer. Such treatment may involve surgery, radiation and chemotherapy but must reflect the wishes of each individual (and family); addressing the physical, psychological and spiritual domains of care, communicating with great mindfulness and provide ongoing holistic support, particularly if cure is not possible.

Professor Rob Moodie MBBS MPH FRACGP FAFPHM

Professor of Global Health at the Nossal Institute, University of Melbourne; CEO of VicHealth 1998-2007 and Chair of the National Preventative Health Task Force. Rob has worked for Save the Children Fund; Medicins Sans Frontieres; Aboriginal Health Services; the Burnet Institute; WHO and UNAIDS. Victorian Father of the Year 2005, he is co-writer and editor of four books including *Recipes for a Great Life* with Chef Gabriel Gaté.

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 applied to all aspects of life and work.

Dr Daniel Lewis MBBS FRACP

Rheumatologist and Physician with honorary appointments at Monash and Deakin Universities; Director of the Lewis Institute for Health and Wellbeing; Co-Director of Deakin University Integrative Health Research Unit. Daniel's passion is integrating lifestyle strategies in the areas of nutrition, exercise, and meditation into mainstream management of medical problems. He recently published *My Health Organiser*, a personal health record system for enhancing healthcare.

Professor George Jelinek MBBS MD DipDHM FACEM

Professorial Fellow, Dept of Medicine, University of Melbourne (St Vincents Hospital); Professor of Emergency Medicine, Sir Charles Gairdner Hospital and the University of W.A.; former President of the Australasian Society for Emergency Medicine and Member of the Senior Court of Examiners of the Australasian College for Emergency Medicine. George is an MS survivor and author of *Taking Control of Multiple Sclerosis*.

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, counselling, holistic healthcare, complementary therapies and medical ethics. Author of *New Frontiers in Medicine* (Vols 1&2) and *Know Thyself*, Craig also writes regularly for medical journals.

Dr Sherelle Dye BMus(Hons) BLitt(Hons) MPsych(Clinical) PhD

Sherelle is The Gawler Foundation's inaugural Research Officer. With a PhD and Masters degree in psychology, plus Honours degrees in music therapy, psychology and linguistics, Sherelle has a wide range of clinical and research experience. She is also a certified hatha yoga instructor and enjoys helping people develop a more easeful body and a peaceful mind.

Paul Bedson BA BAcup BCouns

(Facilitator - Chi Gong sessions during conference lunch breaks)
A counsellor, psychotherapist, meditation instructor and natural therapist, Paul has been working in the field of mind-body medicine for over 20 years. Senior Therapist at The Gawler Foundation, his particular interest is helping people deal with emotional issues associated with their healing journey including grief, anxiety and relationship problems. Paul also facilitates Chi Gong sessions during residential programs.

Michael Johnson - Harp

Resident harpist at Royal Botanic Gardens, he plays tranquil and meditative music.

Megan Kenny - Flute

Performed with many orchestras including MSO and toured extensively overseas.

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 is pending approval by the RACGP QA&CPD Program Allocation 2 points/hour TOTAL CPD POINTS 24 (Category 2)

SATURDAY 15 NOVEMBER

8.15am - 9.00am Arrival and Registration Michael Johnson-Harp
Megan Kenny-Flute

9.00am Welcome Karin Knoester, CEO
9.10am - 10.15am

The Cure Within - 30 Years of Mind-Body Medicine.

Research Implications and Clinical Applications

Dr Nimrod Sheinman
What models of mind-body healing are emerging and evolving from psycho-neuro-immunology outcomes? How can we listen to dis-ease as a story, not just of one's cells but of one's deeper self? What's new in placebo research and the power of faith? What are we learning about exceptional personality traits? The presentation will touch some of the most important implications in psycho-oncology, psycho-cardiology, psycho-social and psycho-spiritual, and serve as an exciting update to "Medicine and the Mind" conference in 1989.

Meditation Is Good Medicine:

The integration of mind and body for health

Dr Daniel Lewis
No longer the subject of debate, evidence grows revealing the benefits of meditation in health and illness. Despite being generally accepted as part of mainstream medicine, the practice of meditation remains underutilised, in part because it is still a mystery to many. Research has demonstrated what has been known for a long time - humans are unique as the only creatures who can change our biology through our thoughts, feelings and intentions. Being aware of the profound impact this may have and implementing a personal meditation practice is good medicine.

10.15am - 10.45am Morning Tea

10.45am - 12.15pm

Take control of your life

Assoc Prof Lily Stojanovska
This keynote will cover the science of better health and wellbeing, aimed at providing information that will promote good health and quality of life, and help them in the prevention of chronic diseases. Strategies for balancing body and mind wellness at midlife will be discussed. The latest evidence-based research will be presented to support this view.

Maintaining happiness in the face of adversity - using positive psychology to build resilience

Prof Timothy Sharp
An exciting development of positive psychology research and practice has seen the focus shift from purely treating illness to also promoting flourishing and fully 'well' lives. But this should not be mistaken with 'happiology' as principles evolving out of the scientific study of positive psychology hold great relevance for those going through difficult times or challenges (such as chronic health problems). This presentation will share interesting and relevant findings with a particular emphasis on how they can be applied to healing in the context of illness. Humour will be utilised and facts proffered in an entertaining way - it's well established that people learn more and better when experiencing positive moods!

12.15pm - 1.30pm Lunch (Michael Johnson-Harp & Megan Kenny-Flute)
Optional Chi Gong with Paul Bedson (Breathing and movement exercises)

1.30pm - 2.10pm

The ESSENCE of Health

Dr Craig Hassed
A holistic and systematic approach to healthcare is important for a number of reasons including self-care; the prevention and management of chronic illness; fostering high level wellbeing; maintaining sustainable performance, particularly when demands are high. The ESSENCE program has seven elements: Education, Stress management, Spirituality, Exercise, Nutrition, Connectedness and Environment. This presentation will outline the program incorporating evidence on the importance of lifestyle management, behaviour change strategies, and mindfulness-based stress management. Guidelines on the personal and professional application of the model will also be explored.

2.15pm - 3.15pm CONCURRENT WORKSHOPS 'A'

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

Dr Louise Mahler
The focus is voice - our ability to effectively use it in relations with ourselves and others. Many of us are hindered by the psychic-vocal-prison of our culture and the solitary-vocal-confinement of our organizational and social contexts. Vocal discovery is antithetical to dominant visual, patriarchal and linear thinking which reinforces poor habitual patterns - working against coherence and health. Vocal intelligence evokes the fullness of voice in one integrated, coherent interaction, healing broken connections between mind, body and voice and experiencing them through the whole spectrum of sensual awareness.

Be Healthy... Be Organised:

Strategies for developing optimal healthcare

Dr Daniel Lewis
We live in a world of information exchange, yet rarely do we have our own personal health information in one place. When illness strikes and we need a health professional without access to our medical records, it becomes stressful with healthcare choices and decisions to be made. This workshop will teach participants how to create and use their own personal health records. The Pathways to Wellbeing framework will be expanded upon as a guide to comprehensive personal wellbeing, enabling you to have a central and effective role in your own healthcare.

3.15pm - 3.45pm

Afternoon Tea

3.45pm - 4.45pm

CONCURRENT WORKSHOPS 'B'

Imagery dialogue techniques in listening to symptoms

Dr Nimrod Sheinman
One of the most powerful processes in Interactive Guided Imagery is the art of inquiry - creating an empathic, inquisitive and non-judgmental dialogue with an image. In this workshop, we'll explore some of the "best" principles and guidelines that can help the therapist to uncover patient's deeper essences: emotions, needs, inner resistance, values, sub-personalities, unconscious agendas and hidden beliefs.

Hot flushes or power surges:

The language of menopause

Assoc Prof Lily Stojanovska
The workshop will give strategies for getting through menopause, how to 'flush out hot flushes' and help manage symptoms of menopause. Furthermore, it will discuss treatment options such as hormone replacement and complementary therapies and preventive health strategies, including the lifestyle issues of diet, physical activity and stress management, to improve the quality of women's lives. Prevention of chronic diseases such as diabetes, osteoporosis and cardiovascular, prevalent at the time of menopause, will also be discussed.

Thrive - Healthy cooking and food preparation

Michelle Russell
Thrive on the Go! Learn the foundation to eating well, protecting your health using natural, fresh foods. This workshop will cover the principles and practice of healthy cooking including healthy options, products and tips for practical food preparation with loads of lifestyle information. Become empowered to create your own healthy, delicious food at home. Discover how meat, wheat, sugar and dairy free foods need never be boring!

4.50pm - 5.30pm

Research at The Gawler Foundation:

Where have we been and where are we going?

Dr Sherelle Dye
Research conducted at The Foundation includes an investigation of mood, coping and quality of life in people with cancer; a comparison of doctor and client attitudes towards complementary and alternative medicine; a longitudinal study of quality of life in people with multiple sclerosis; and literature reviews examining lifestyle interventions and cancer survival. These projects and future research directions will be discussed.

An Inspirational Exercise

Awaken your being and bring your learning alive

Dr Louise Mahler
We don't live in a vacuum - the air within and around us is moving. Awaken your being and bring your learning alive with this short inspirational exercise where we will create an opportunity to share the breath! Energize...Revitalize...To take home the energy, inspiration and knowledge from today!

Closing forum - day one

SUNDAY 16 NOVEMBER

9.00am - 9.30am

Arrival and Registration

9.30am

Welcome

9.35am - 10.45am

An integrative approach to the prevention and care of 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 various nutritional and herbal supplements in the prevention and treatment of cancer and chronic illness.

Bringing the science of nutrition into everyday eating

Julie Stafford
Explores how we can build better nutrition everyday for good health, disease prevention and rehabilitation from illness by understanding the foods we should eat and the foods we should avoid, and how we can build better health outcomes by understanding nutritional synergy.

10.45am - 11.15am

Morning Tea

11.15am - 12.45pm

The holistic management of Multiple Sclerosis

Prof George Jelinek
A large body of evidence supports a holistic approach to the management of multiple sclerosis, utilising lifestyle change, supplements, and the best of conventional medicine. A plant-based wholefood diet, plus fish, adequate sunlight or vitamin D, regular meditation and physical exercise, and omega 3 oil supplements together provide the best opportunity for sustainable health for people with MS. Many people will also choose one of the pharmaceutical agents.

Candles burning brightly -

How not to snuff out your light in the challenges of self care

Dr Carolyn Russell
This presentation will focus on the need to make choices in self care, which manage tasks both long term and in difficult circumstances. Literature from research done into the experience of 'burning out' will be applied, so that as individuals we can explore our own response to these circumstances. The challenge will be given, to care adequately for self, without losing passion and 'snuffing out' in the winds we meet during life.

A Personalised Multi-Disciplinary Approach to Cancer Care

Dr Jonathan Page
The diagnosis of cancer is always serious and must be made with precision. The nature and extent of this disease must be carefully and sensitively explained to the patient (and family), in an unhurried fashion and mindful of the strong emotions that normally emerge. Cancer may impact the body, mind and spirit in complex ways. Treatment must reflect these various interactions and thus be holistic and personalised. Management and support often requires a team of experts (from different disciplines or specialties), addressing the physical, psychological and spiritual domains of care, communicating with great mindfulness.

12.45pm - 2.00pm Lunch (Michael Johnson-Harp & Megan Kenny-Flute)
Optional Chi Gong with Paul Bedson (Breathing and movement exercises)

2.00pm - 2.40pm

Recipes for a Great Life

The ingredients and how to combine them for health and happiness Prof Rob Moodie
Rob has recently published *Recipes for a Great Life* with Chef Gabriel Gaté which presents food recipes as well as 'recipes' for our spiritual, physical, cultural, relationships, work and intellectual lives. What are the ingredients? In his personal life, Rob invests massive time with his work and profession but tries not to ignore the other ingredients necessary for health and happiness. If you only have a certain number of jelly beans (of time, efforts and resources) where should you be putting them?

2.45pm - 3.45pm CONCURRENT WORKSHOPS 'C'

Cancer, Mindfulness and Personal Growth Dr Jonathan Page
The diagnosis of Cancer, whether early or advanced, may have a profound existential impact. In addition to physical symptoms there is likely to be great mental and spiritual turbulence. Previous landmarks, bearings, pathways, ambitions, goals, attitudes, beliefs and even relationships may be challenged and may even dissolve. The issues of mortality and meaning in life are often predominant. Constant uncertainty can create much distress. Nonetheless with compassionate support and diligent mindful meditation much personal growth can be achieved, often in surprising ways. The positive impact on others can be quite remarkable.

Making up the recipes for a great life - how do you stir the knowledge into action? Prof Rob Moodie
A practical workshop to explore the recipes for a great life. What are the ingredients? How do we bridge the gap between knowledge and action? How do we put all these great ideas into practice? Learn how to stir the knowledge learned and put into action for your health and happiness.

From detox to anti-inflammatory eating to generally eating well every day Julie Stafford
Julie identifies a modern day approach to coping with how to eat to achieve specific health results. She explores a short detox diet; an anti-inflammatory eating diet, and general healthy eating every day to prevent disease as well as maximize health and wellbeing.

3.45pm - 4.15pm Afternoon Tea

4.15pm - 5.15pm CONCURRENT WORKSHOPS 'D'

Everything you wanted to know about multiple sclerosis - but were afraid to ask Prof George Jelinek
This is an opportunity to get questions answered and topics about multiple sclerosis discussed openly and honestly with the author of *Taking Control of Multiple Sclerosis - Natural and Medical Therapies to Prevent its Progression*.

Responding urgently to 'Communication Arrest' Communication for patients, carers and healthcare professionals Dr Carolyn Russell
Explore the difficulties facing people with illness, and those caring for them, who struggle to sustain themselves; what causes the 'arrest', the paralysing experience of burning out, and what occurs as we struggle. We will look at ways of repairing and restoring the communication, so that all parties can maintain relationships in difficult circumstances. Models of management for self-care which improve the outcomes will be provided. We will look at how to encourage people to be aware of their effects on others by leading and modelling.

Cancer and the role of complementary medicine with conventional medicine 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 and radiotherapy.

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
Tram Numbers 48 and 75 (along Flinders Street from/to the city)

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: \$21 per entry per day, subject to availability

ACCOMMODATION - Hilton the Park

Special conference rate: \$230 per night (room only)
www.hilton.com Tel: 03 9412 3222 Fax: 03 9419 2001
E: melbourne.reservations@hilton.com Quote Ref: GGFCFA

ACCOMMODATION - all approx 8 minutes walk to conference venue

Quest East Melbourne - 48 Wellington Pde, East Melbourne
Serviced Apartments \$160 per night (room only)
www.questeastmelbourne.com.au Tel: 03 9413 0000
E: questeastmelbourne@questapartments.com.au

Quest Jolimont - 153 Wellington Pde Sth, East Melbourne
Serviced Apartments \$145 per night (room only)
www.questjolimont.com.au Tel: 03 9668 1200
E: questjolimont@questapartments.com.au

Georgian Court Bed & Breakfast - 21 George Street, East Melbourne
Room rate: \$89 to \$129 per night (including buffet breakfast)
www.georgiancourt.com.au Tel: 03 9419 6353 Fax: 03 9416 0895
E: info@georgiancourt.com.au

Book early for a chance to win!

Completed conference registrations received by 17 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:
Telephone: Mobile: Email:

Health Professionals: If you are claiming RACGP/CPD Points please quote QA & CPD Number:

The Gawler Foundation Members: If you are a current Financial Member, please quote your Number:

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

Day 1	Sat 15 November	\$150 Full <input type="checkbox"/>	\$140 Gawler Foundation Member <input type="checkbox"/>	\$130 Concession <input type="checkbox"/>
Day 2	Sun 16 November	\$150 Full <input type="checkbox"/>	\$140 Gawler Foundation Member <input type="checkbox"/>	\$130 Concession <input type="checkbox"/>
2 Days	Sat 15 and Sun 16	\$280 Full <input type="checkbox"/>	\$265 Gawler Foundation Member <input type="checkbox"/>	\$250 Concession <input type="checkbox"/>

SPECIAL REQUIREMENTS: Do you have any special needs? (e.g. dietary/wheelchair access)

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

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.
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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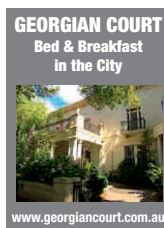


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Registration Form continued

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

<p>Concurrent Workshops 'A'</p> <p><input type="checkbox"/> Dr Craig Hassed <i>Mindfulness meditation</i></p>	<p>Saturday 15 November</p> <p><input type="checkbox"/> Assoc Prof Lily Stojanovska <i>Hot flushes or power surges: The language of menopause</i></p>	<p>2.15pm - 3.15pm</p> <p><input type="checkbox"/> Dr Daniel Lewis <i>Be Healthy...Be Organised: Strategies for developing optimal healthcare</i></p>
<p>Concurrent Workshops 'B'</p> <p><input type="checkbox"/> Dr Nimrod Sheinman <i>Imagery dialogue techniques in listening to symptoms</i></p>	<p>Saturday 15 November</p> <p><input type="checkbox"/> Dr Louise Mahler <i>Voice Intelligence</i></p>	<p>3.45pm - 4.45pm</p> <p><input type="checkbox"/> Michelle Russell <i>Thrive: Healthy cooking and food preparation</i></p>
<p>Concurrent Workshops 'C'</p> <p><input type="checkbox"/> Prof Rob Moodie <i>Making up the recipes for a great life: How do you stir the knowledge into action</i></p>	<p>Sunday 16 November</p> <p><input type="checkbox"/> Dr Jonathan Page <i>Cancer, Mindfulness and Personal Growth</i></p>	<p>2.45pm - 3.45pm</p> <p><input type="checkbox"/> Julie Stafford <i>From detox to anti-inflammatory eating to generally eating well every day</i></p>
<p>Concurrent Workshops 'D'</p> <p><input type="checkbox"/> Prof Avni Sali <i>Cancer and the role of complementary medicine with conventional medicine</i></p>	<p>Sunday 16 November</p> <p><input type="checkbox"/> Dr Carolyn Russell <i>Responding urgently to 'Communication Arrest' for patients carers and healthcare professionals</i></p>	<p>4.15pm - 5.15pm</p> <p><input type="checkbox"/> Prof George Jelinek <i>Everything you wanted to know about multiple sclerosis, but were afraid to ask</i></p>

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. This program is true and accurate to the best available information at time of printing.