



FRIDAY 9 OCT

WELLBEING *Symposium*

**BUILDING COMMUNITY,
BUILDING WELLBEING**

FREE ENTRY

Fantastic local speakers

25+ community stalls and free giveaways

Featuring



Derek Tuffield
Lions Club West
MC



Lee Faulkner
Triple M Radio Host
Panel Chair



Stacey Turner
Keynote Speaker



Paul Cochrane
Disability
perspective



**Chris Black and the
Kokoda Trekkers**
Physical Wellbeing
perspective



Kate Venables
Social Services
perspective



Claire Torkington
Employment
perspective



Cat Ardi
Business
perspective



Tiff Spary
Homelessness
perspective



Dr Shikha Malviya
Spiritual Wellbeing
perspective

...and many more!



Scan to register for your free ticket
(for catering purposes)



www.momentummentalhealth.com.au



07 4632 4688

Time		Presenter
8am	Registration and view stalls	
8:40am	Welcome	MC Derek Tuffield
8:45am	Acknowledgement of Country	Dr Raelene Ward
8:50am	Meditation	Dr Uma Kumar, Heartfulness Meditation
9am	<i>Trust Your Gut</i> : A walk with Stace on her eating disorder recovery	Stacey Turner, Peer Worker Student, Momentum Mental Health/ Aspire to Succeed
9:30am	A homelessness perspective	Tiff Spary, Base Services
9:45am	Social services perspective	Kate Venables, Business Woman
10am	Morning Tea and visit stalls	
10:30am	Disability perspective	Paul Cochrane, Businessman
10:45am	Youth and family wellbeing	Brent Dixon, Momentum Mental Health
11am	Business perspective	Cat Ardi, Businesswoman
11:15am	Panel Discussion	Lee Faulkner
12pm	Lunch and visit stalls	
12:50pm	Spiritual Wellbeing perspective	Dr Shikha Malviya, Lecturer UniSQ
1:05pm	Physical Wellbeing perspective	Chris Black alongside Kokoda and Mount Everest fellow trekkers Alex Taylor and Craig Sleeman
1:30pm	Employment perspective	Claire Torkington, Ability Enterprises
1:45pm	Medication from a consumer perspective	Marlyn McInnerney and Trish Mullins
2pm	Public Art Journeys for Wellbeing	Shirley-Anne Gardiner, Momentum Mental Health
2:15pm	Panel Discussion	Lee Faulkner
2:45pm	Closing remarks	Haniff Abdul Razak, Pureland Learning College
2:55pm	Meditation and symposium close	Dr Uma Kumar, Heartfulness Meditation