



# Population Health Seminar

Prevention of Chronic Disease & Healthy Ageing



**When:** 9.30am - 4.30pm Friday 5 April 2019  
9.00am- 9.30am for a Taste of Tai Chi

**Where:** Lecture Theatre, Education Centre (formerly AMREP), The Alfred Hospital, 80 Commercial Road, Melbourne 3004

**Limited Places, Registration Deadline: Wednesday 3rd of April 2019**

Australian Disease Management Association (ADMA)  
a: Department of General Medicine, 1st Floor, Old Baker Building, Alfred Health, 55 Commercial Road, Melbourne VIC 3004  
t: 03 9076 0969 e: [info@adma.org.au](mailto:info@adma.org.au) w: [www.adma.org.au](http://www.adma.org.au)

# PROGRAMME

<b>0845-0930</b>	<b>Registration</b>
0900-0925	<b>A Taste of Tai Chi</b> <b>Anastasia Yianni</b> , Registered Nurse and Master Trainer in Dr Paul Lam's Tai Chi for Health Programs. Improving health, quality of life and an intervention for falls prevention.
0930-0935	<b>Welcome</b>
0935-1000	<b>The State of Self Care in Australia</b> <b>Prof Rosemary Calder AM</b> , Director AHPC, Victoria University
1000-1025	<b>Parks Victoria: Nature is Good Medicine</b> <b>Shauna Jones</b> , Senior Manager, Health & Community Activation Community Partnerships, Parks Victoria
1025-1050	<b>Overcoming MS</b> <b>Assoc Prof Craig Hasted OA</b> , Senior Lecturer at the Department of General Practice, Department of General Practice and Coordinator, Mindfulness Programs, Monash University
1050-1100	<b>Question Time</b>
<b>1100-1130</b>	<b>Morning tea</b>
1130-1155	<b>Social Isolation and Loneliness</b> <b>Laura Rouhan</b> , co-founder, Friends for Good
1155-1220	<b>The Social Prescribing Model</b> <b>Dinna Tayao</b> , Project Manager, Social Prescribing, Improving and Promoting Community Health (IPC Health)
1220-1230	<b>Question time</b>
<b>1230-1330</b>	<b>Lunch</b>
1330-1355	<b>Integrated Oral Care</b> <b>Maria Mamerto</b> , Dental Hygienist, Oral Health Service, North Richmond Community Health
1355-1425	<b>Animal-Assisted Interventions in Mental Health and Socialisation</b> <b>Dr Jess Heerde</b> , Westpac Research Fellow, Department of Paediatrics (Royal Children's Hospital), Faculty of Medicine, Dentistry & Health Sciences, The University of Melbourne; <b>Melanie Jones</b> , Psychologist, Animal-Assisted Therapist and Director of Lead the Way
1425-1450	<b>The Personal and Social Wellbeing Impacts of Art Therapy for People Experiencing Mental Illness and Other Health Challenges</b> <b>Dr Patricia Fenner</b> , Senior Lecturer & Coordinator, Master of Art Therapy, School of Psychology & Public Health, LaTrobe University
1450-1500	<b>Question time</b>
<b>1500-1520</b>	<b>Afternoon Tea Break</b>
1520-1545	<b>Sitting Less and Moving More – A Contemporary Approach to Chronic Disease Prevention and Management</b> <b>Prof David Dunstan</b> , Head of the Physical Activity Laboratory, Baker IDI Heart and Diabetes Institute; NHMRC Senior Research Fellow ; Professorial Fellow, Australian Catholic University
1545-1610	<b>Exercise Medicine for Cancer</b> <b>Assoc Prof Prue Cormie</b> , Principal Research Fellow – Exercise Oncology, Australian Catholic University
1610-1620	<b>Question time</b>
<b>1620-1630</b>	<b>Close</b>

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5 April 2019  
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Registration Form and Tax Invoice  
ABN: 27 318 956 319

**For online Registration and Credit Card payment go to:**

<https://www.trybooking.com/ZWTB>

**For those wishing to register and pay by cheque or who would like to be invoiced please complete the information below.**

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Special Requirements (Dietary or otherwise):  
\_\_\_\_\_

**Method of Payment**

**Total \$200** (includes GST)

- Cheque**      *Cheques should be made payable to **Australian Disease Management Association***  
 **Invoice**      *Please provide name/organisation & address if you would like us to invoice you*

**Please send form and payment to one of the following:**

E-mail	Mail
<a href="mailto:k.fiddes@alfred.org.au">k.fiddes@alfred.org.au</a> <a href="mailto:l.demos@alfred.org.au">l.demos@alfred.org.au</a>	Australian Disease Management Association Department of General Medicine, 1st Floor, Old Baker Building, Alfred Health, 55 Commercial Road, Melbourne VIC 3004

**Cancellation Policy:** Refunds will only be made in the following instances:

- For a full refund, cancellations must be received **in writing by** 15 March 2019.
- A refund of half the total amount paid will be made for cancellations received **in writing from** 16 - 29 March 2018.
- Unfortunately, we cannot offer refunds after 29 March 2018, however you can register a substitute.

ADMA is auspiced by Alfred Health

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