



Evidence-based Primary & Secondary Prevention of Chronic Disease



When

9.00am - 9.30am Optional Tai Chi session

9.30am - 4.30pm Friday, 11 March 2016

Where

Alfred Medical Research & Education Precinct (AMREP) Lecture Theatre
The Alfred Hospital, Commercial Road, Melbourne

Registration Deadline Extended to **Monday 7th of March 2016**

Limited places – please book early to avoid disappointment!






Australian Disease Management Association (ADMA)

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Friday, 11 March 2016

0845-0930	<i>Registration</i>	
0900-0925		<p>Tai Chi demonstration Wilfred Kwok, Physiotherapist, Master Trainer with Chronic Disease Self-Management Program, Stanford University and Dr Paul Lam's Tai Chi for Health Programs</p>
0930-0935	<p>Welcome: A/Prof Caroline Brand, co-Chair ADMA; Adjunct A/P Centre for Research Excellence in Patient Safety (CREPS), Monash University; Senior Medical Staff Epidemiologist, Melbourne EpiCentre, University of Melbourne and Melbourne Health, VIC</p>	
0935-1005		<p>The VicHealth approach - Community health promotion and primary prevention of chronic disease Dr Bruce Bolam, Executive Manager, Programs Group, Victorian Health Promotion Foundation, VIC</p>
1005-1035		<p>Who is accountable for prevention? Tracking progress on chronic disease Prof Maximilian P. de Courten, Director, Centre for Chronic Disease Prevention and Management, Victoria University, VIC</p>
1035-1040	Question Time	
1040-1110	<i>Morning tea</i>	
1115-1135		<p>Pinkmoves - Heartmoves for Breast Cancer Amanda Doring, Heartmoves National Training Manager, YMCA Australia</p>
1135-1205		<p>Jamie's Ministry of Food ~ Cooking for long term health Elise Bennetts, Acting CEO, The Good Foundation & Jamie's Ministry of Food Australia</p>
1205-1235		<p>Managing the long term oral health of children with chronic conditions A/Prof Richard Widmer, Associate Clinical Professor, Paediatric Dentistry, The University of Sydney; Head, Dental Department, The Children's Hospital, Westmead, NSW</p>

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1235-1240	Question time	
1240-1330	<i>Lunch</i>	
1330-1400		<p>Mind-Body Medicine ~ Clinical application of evidence-based meditation techniques</p> <p>Mr Phillip StEvens, Consultant Neurophysiologist, Sleep Scientist, certified Yoga Teacher and Mindfulness Meditation tutor</p>
1400-1430		<p>Smiling Mind: An accessible technology based mindfulness program</p> <p>Dr Addie Wootten, CEO, Smiling Mind</p>
1430-1445	Question time and Short Break	
1445-1515		<p>Gut health</p> <p>Dr Iggy Soosay, National Institute of Integrative Medicine, VIC</p>
1515-1545		<p>Influence of exercise, motivation and coaching on chronic illness prevention</p> <p>Louise Czosnek, Policy and Relations Advisor, Exercise & Sports Science Australia (ESSA)</p>
1545-1605		<p>Physical activity programs for people with chronic conditions</p> <p>David Menzies, Manager Quality Systems and Health Partnerships, Fitness Australia</p>
1605-1610	Question time	
1610-1615	<i>Close</i>	

