



Primary & Secondary Prevention of Chronic Disease



When

9.00am For optional Tai Chi for Health Program
9.30am - 4.30pm Friday 28 March 2014

Where

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

Registration Deadline 21 March 2014

Limited places

Australian Disease Management Association (ADMA)

a: CGMC Kooyong Road Caulfield VIC **t:** 03 9076 4125 **f:** 03 9076 6901 **e:** info@adma.org.au **w:** www.adma.org.au

Friday 28th of March 2014

0900- 0930	The Tai Chi for Health Program	Wilfred Kwok , Physiotherapist, Master Trainer for Tai Chi for Health Program, Dr Paul Lam and Chronic Disease Self Management Program, Stanford University
0850- 0930	<i>Registration</i>	
0930- 0940	Welcome	A/Prof Caroline Brand , co-Chair ADMA; Adjunct A/P Centre for Research Excellence in Patient Safety (CREPS), Monash University; Honorary Associate Melbourne Epi-Centre and Department of Rheumatology, Melbourne Health
0940-1010	Transitioning from Measure Up to Shape Up Australia	Helena Cataldo , Director, Shape Up Australia campaign, Australian National Preventive Health Agency
1010-1040	Disease Prevention and Health Promotion in Medicare Locals	Dr Ian White , Principal Policy Adviser - Population Health and Planning, Australian Medicare Locals Alliance
1040-1050	Question Time	
1050-1120	<i>Morning tea</i>	
1120-1200	Dietary approaches to the prevention of type 2 diabetes and cardiovascular disease	Prof Kerin O'Dea , Professor of Population Health and Nutrition, University of South Australia
1200-1240	Physical Activity – still your best buy for good health	Prof Stephen Bird , Discipline Head Exercise Sciences, School of Medical Sciences, RMIT University
1240 -1320	Vitamin D : impact on health	Dr Margo Honeyman , Senior Research Scientist, Walter & Eliza Hall Institute of Medical Research, Melbourne
1320-1330	Question Time	
1330-1420	<i>Lunch</i>	
1420-1500	The Importance of Secondary Prevention in Osteoporosis Management	Prof Peter Ebeling , Professor of Medicine (Assistant Dean) Chair, NorthWest Academic Centre The University of Melbourne and Western Centre for Health Research and Education, Western Health
1500-1540	Lifestyle Medicine: writing and supporting a Lifestyle Prescription	Mr Stephen Penman , PhD candidate, National Institute of Complementary Medicine, University of Western Sydney
1540-1630	Mindfulness Based Intervention in Chronic Disease Prevention - a Focus for Translational Research	Prof Graham Meadows , School of Psychology & Psychiatry, Monash University, Director Southern Synergy
1630	<i>Close</i>	

