



ABRN 142 977 053

POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

Gillian Thomas, President

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Polio Health and Wellness Retreat Body / Mind / Spirit

Program

To be completed and returned with Registration Form

(please keep a copy for your records)



Ramada Hotel and Conference Centre Marcoola Beach (formerly SurfAir at Marcoola)

Thursday 26, Friday 27, Saturday 28 and Sunday 29 April 2012

Overview

Polio Australia ran its first Health and Wellness Retreat in Baulkham Hills, New South Wales, in 2010, with a second Retreat held in Mt Eliza, Victoria, in 2011. These were based on a Polio Retreat held by Post-Polio Health International in Warm Springs, Georgia, USA, in 2009, which was attended by five Australians – four being polio survivors.

The Warm Springs Retreat focused on 'Body, Mind, Spirit' and this theme has also proven to be a very effective framework for our Australian Retreats, as it takes a holistic approach towards Chronic Condition Self Management for polio survivors, their families and carers.

Polio Australia's Health and Wellness Retreat 'open circle' Question and Answer format is a valuable self-management tool – especially the sharing of experience by the participants. The forums fully engage all participants in free-flowing discussion and information exchange, resulting in a clearer understanding and better retention of the management strategies being presented.

The knowledge gained during these Retreats has not only assisted participants to better manage their own condition, but is also being shared with their health professionals, thereby facilitating improved care for other patients presenting with the Late Effects of Polio.

This third Retreat on Queensland's beautiful Sunshine Coast promises to build on previous sessions and participant feedback to present a range of self-management techniques which will enable participants to achieve general wellbeing, as well as providing options for people to remain as mobile and independent as possible.

Thursday 26 April

Time	Activity	Facilitator
2.00 to 6.30 pm	Registration, room allocation and facility orientation	
6.30 to 7.30 pm	Dinner	
7.30 pm	Welcome	Gillian Thomas <i>President, Polio Australia</i> and Dr John Tierney <i>National Paton, Polio Australia</i>
7.45 pm	Guest Speaker: John Mayo – “ <i>Services for the Queensland Polio Survivors</i> ”	Introduction by Mary-ann Liethof <i>National Program Manager, Polio Australia</i>
8.00 pm	Program Overview and Brief Announcements	Mary-ann Liethof
8.15 pm	Participant Introductions	Mary-ann Liethof
8.30 pm	Presentation: “ <i>My Antarctica</i> ” by Syd Kirkby	Introduction by Gillian Thomas



Participants at the Victorian Health and Wellness Retreat, April 2011

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	The Polio Body	Dr Peter Nolan <i>General Physician Toowoomba Hospital</i>	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	'Hold On' Continence Advice During the acute polio attack 20% of polio patients experienced voiding symptoms. Theoretically these problems may return with the decline of function experienced by polio survivors in later years. This will be an important session for many. – interactive Q & A session	Erica Mohr <i>Physiotherapist Continence Advisory Service Nambour Community Health</i>	Participant 1	Participant 2
	Adapting Your Environment to Maximise Your Potential When your body shuts down your dreams don't have too. This session will explore exercise to maintain function and equipment options to assist in making life easier. – interactive Q & A session	Belinda Kropp <i>Occupational Therapist and Manager-Allied Health Team and Gail Pitt Physiotherapist Spinal Injuries Association</i>	Participant 1	Participant 2
	To Brace or Not To Brace This is an important question for anyone who is tripping more often, or is noticing progressive muscle weakness. Don't wait until you break a bone! – interactive Q & A session	Clint Nielsen <i>Orthotist/Director Orthotic Solutions Qld</i>	Participant 1	Participant 2
	Foot Care for Polio Feet The more limited your mobility, the more important it is to look after your feet! – interactive Q & A session	Ben Kennedy <i>Podiatrist Innovation Podiatry</i>	Participant 1	Participant 2
	Self-Management Discussion – booked 20 minute one-to-one session (<i>free</i>)	Dr Peter Nolan <i>General Physician Toowoomba Hospital</i>	<i>Booking required (see page 13)</i>	
	Orthotics Assessment – booked 30 minute one-to-one session (<i>free</i>)	Bianca Nielsen <i>Orthotist Orthotic Solutions Qld</i>	<i>Booking required (see page 12)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner Two Hands Massage Therapies</i>	<i>Booking required (see page 12)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>	<i>Booking required (see page 12)</i>	

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 27 April 12.15 pm	Lunch			
	Scooter and Aids and Equipment Trade Display Practical try-outs; check what's available; and purchase products.	Fiona Morris <i>Sales Manager</i> <i>Scooters Wholesale</i>	<i>Optional</i>	
	Audiology Information Stand	Caroline Telfar <i>Audiologist</i> <i>HearingLife</i>	<i>Optional</i>	
1.00 to 2.00 pm	Rest & Relaxation			
	Guided Deep Relaxation – 20 min session at 1.30pm	Mary-ann Liethof <i>Polio Australia</i>	<i>Optional</i>	
	Self-Management Discussion – booked 20 minute one-to-one session (<i>free</i>)	Dr Peter Nolan <i>General Physician</i> <i>Toowoomba Hospital</i>	<i>Booking required</i> (see page 13)	
	Continence Advice – booked 20 minute one-to-one session (<i>free</i>)	Erica Mohr <i>Physiotherapist</i> <i>Continence Advisory Service</i> <i>Nambour Community Health</i>	<i>Booking required</i> (see page 12)	
	Orthotics Assessment – booked 30 minute one-to-one session (<i>free</i>)	Clint or Bianca Nielsen <i>Orthotists</i> <i>Orthotic Solutions Qld</i>	<i>Booking required</i> (see page 12)	
	Hearing Test Appointment – booked 15 minute one-to-one session (<i>free</i>)	Caroline Telfar <i>Audiologist</i> <i>HearingLife</i>	<i>Booking required</i> (see page 13)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>	<i>Booking required</i> (see page 12)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>	<i>Booking required</i> (see page 12)	
2.00 to 3.30 pm	Managing Pain Living with long-term pain can be frustrating and exhausting. In order to get life on track, knowledge of how your body responds to your condition and to treatment is needed. At the same time, we need to learn self-care skills to become good pain managers, partnering with the healthcare team. – interactive Q & A session	Wendy Caldwell <i>President</i> <i>Australian Pain Management Association Inc.</i>	Participant 1	Participant 2

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 27 April 2.00 to 3.30 pm <i>(cont'd)</i>	Hydrotherapy Because of the buoyancy of water, hydrotherapy allows people to do things they can't perform on land. Water resistance provides a workout that can be fine-tuned to each person's strength. - practical session in the pool <i>(BYO towel)</i>	Shane Tompson <i>Allied Health Team Leader and Physiotherapist Spiritus</i> NOTE: Medical clearance from a GP is required for this session, as well as the ability to enter and exit the pool independently.	Participant 1	Participant 2
	Hard to Swallow The Late Effects of Polio can cause progressive weakness in the bulbar muscles of the tongue, mouth and throat and triggers swallowing problems called 'dysphagia'. This session will discuss techniques for minimising dysphagia. – interactive Q & A session	Ruth Townson <i>Speech Pathologist Adult Health Community and Extended Care Services Sunshine Coast Health Service District</i>	Participant 1	Participant 2
	Strength Training for the Polio Body Research indicates that <i>modified</i> exercise is beneficial for the polio population with or without PPS. Muscle strengthening may be performed in muscles with residual poliomyelitis weakness but must be closely monitored to avoid muscle fatigue. What does this mean for you? - practical session in the gym	Kylie Squelch <i>Exercise Physiologist Eden Rehabilitation Centre</i>	Participant 1	Participant 2
	Partnering Polio This is a guided discussion for anyone who has come along to the Retreat with a person who is post polio	Ron Exiner <i>Partner of Liz Telford</i>	<i>Please tick here if Partner/Family/Friend attending <input type="checkbox"/> (see page 11)</i>	
	Self-Management Discussion – booked 20 minute one-to-one session <i>(free)</i>	Dr Peter Nolan <i>General Physician Toowoomba Hospital</i>	<i>Booking required (see page 13)</i>	
	Orthotics Assessment – booked 30 minute one-to-one session <i>(free)</i>	Clint or Bianca Nielsen <i>Orthotists Orthotic Solutions Qld</i>	<i>Booking required (see page 12)</i>	
	Hearing Test Appointment – booked 15 minute one-to-one session <i>(free)</i>	Caroline Telfar <i>Audiologist HearingLife</i>	<i>Booking required (see page 13)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner Two Hands Massage Therapies</i>	<i>Booking required (see page 12)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>	<i>Booking required (see page 12)</i>	

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 27 April 3.30 to 3.55 pm	Afternoon Tea		<i>Preference N/A</i>	
4.00 to 5.30 pm	To Brace or Not To Brace This is an important question for anyone who is tripping more often, or is noticing progressive muscle weakness. Don't wait until you break a bone! (<i>Repeat</i>) – interactive Q & A session	Clint Nielsen <i>Orthotist/Director</i> <i>Orthotic Solutions Qld</i>	Participant 1	Participant 2
	Managing Chronic Disease: Clinical and Complimentary Therapies This wide ranging discussion will cover the role of the GP as well as the place of complementary therapies such as acupuncture and meditation in dealing with chronic disease – interactive Q & A session	Dr Rosemary Howard <i>General Practitioner</i> <i>Noosa Clinic</i>	Participant 1	Participant 2
	Cough and Spit: Respiratory Issues for Polio Survivors Respiratory problems can impact on many aspects of daily living including chronic fatigue and the inability to concentrate. Is this you? – interactive Q & A session	Dr Peter Nolan <i>General Physician</i> <i>Toowoomba Hospital</i>	Participant 1	Participant 2
	Recipe for Success Food for wellbeing and practical weight management strategies – interactive Q & A session	Kate Stoker <i>Dietitian and</i> <i>Owner / Manager</i> <i>Simply Nutrition Dietitians</i>	Participant 1	Participant 2
	Orthotics Assessment – booked 30 minute one-to-one session (<i>free</i>)	Bianca Nielsen <i>Orthotist</i> <i>Orthotic Solutions Qld</i>	<i>Booking required (see page 12)</i>	
	Hearing Test Appointment – booked 15 minute one-to-one session (<i>free</i>)	Caroline Telfar <i>Audiologist</i> <i>HearingLife</i>	<i>Booking required (see page 13)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>	<i>Booking required (see page 13)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>	<i>Booking required (see page 13)</i>	
5.45 to 6.15 pm	GP Consultation – booked 15 minute one-to-one session (<i>free</i>)	Dr Rosemary Howard <i>General Practitioner</i> <i>Noosa Clinic</i>	<i>Booking required (see page 13)</i>	
	Choir Practice	Mary-ann Liethof <i>Polio Australia</i>	<i>Optional</i>	

Time	Activity	Facilitator	Preferences (1,2,3 ..)
Friday 27 April 6.30 to 7.30 pm	Dinner		<i>Preference N/A</i>
7.30 and 7.45 pm	GP Consultation – booked 15 minute one-to-one session (<i>free</i>)	Dr Rosemary Howard <i>General Practitioner</i> <i>Noosa Clinic</i>	<i>Booking required</i> <i>(see page 13)</i>
7.30 pm onwards	Free time		
8.00 to 9.00 pm	Movie: <i>“The Epidemic”</i> by Neils Fransden This movie is a ‘must see’ for anyone attending Gillian Thomas’s session on Saturday – <i>“Polio: The Early Experience”</i>		

Saturday 28 April

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	The Healthy Mind	Liz Telford Social Worker, Counsellor and Family Therapist Private Practice	Preference N/A	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Yoga Yoga can provide an opportunity to grow in wisdom and achieve a more peaceful life - practical session / seated	Ralph Freestun Yoga Teacher Maleny	Participant 1	Participant 2
	Feldenkrais: Learning to Move More Easily When did you last think about how you stand, walk, sit or breathe? Explore your movement habits and discover easier ways you can move. - practical session / seated	Robyn Lavery Feldenkrais Tutor U3A Sunshine Coast	Participant 1	Participant 2
	Mindfulness: What Is It And How Can It Help Me? Mindfulness is about consciously bringing awareness to our here- and-now experience, with openness, interest and receptiveness. Learn about mindfulness, the health and wellbeing benefits and experience some mindfulness practice. The techniques can easily be incorporated into daily living. - interactive session	Vicki Fleming Social Worker Community and Extended Care Services Sunshine Coast Health Service District	Participant 1	Participant 2
	Polio: The Early Experience “The Epidemic” focuses on the emotional aspects of childhood polio and this session will be a facilitated discussion of the film and the issues it raises.	Gillian Thomas President Post Australia	Participant 1	Participant 2
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott Massage Practitioner Two Hands Massage Therapies	Booking required (see page 14)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham Massage Practitioner	Booking required (see page 14)	

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Saturday 28 April 12.15 pm	Lunch			
	Aids and Equipment Trade Display Car hoist demonstration; check what products are available	Louise Sanders <i>Queensland Sales Manager Para Mobility</i>	Fiona Morris <i>Sales Manager Scooters Wholesale</i>	
1.00 to 2.00 pm	Rest & Relaxation			
	Guided Deep Relaxation – 20 min session at 1.30pm	Mary-ann Liethof <i>Polio Australia</i>	Optional	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner Two Hands Massage Therapies</i>	Booking required (see page 14)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham <i>Massage Practitioner</i>	Booking required (see page 14)	
2.00 to 3.30 pm	Learn to Play Mahjong A game of skill, strategy and calculation <i>Max 12 participants</i>	Tina Scullion, Dianne Andrews, Lorraine Whitehead, Chris Leahy, Barbara Whip, Sonia Nicols <i>Mahjong Enthusiasts U3A Sunshine Coast</i>	Participant 1	Participant 2
	Improving Your Photography Bring along your camera for some great tips on how to create eye catching images with visual impact!	Barry Beckham <i>Photographic Tutor Beckham Digital</i>	Participant 1	Participant 2
	Cryptic Crosswords Take up the challenge and learn to translate those elusive clues	Gillian Thomas <i>President Polio Australia</i>	Participant 1	Participant 2
	My Life Story This will be an introduction to writing Autobiography. It will look at things which will make your story interesting, how to achieve this goal simply and how to attract your audience (reader). The session will be informal and there will be opportunities for questions and discussion.	Jenny Riley <i>Writing Tutor Sunshine Coast U3A</i>	Participant 1	Participant 2
	Partnering Polio This is a guided discussion for anyone who has come along to the Retreat with a person who is post polio	Ron Exiner <i>Partner of Liz Telford</i>	Please tick here if Partner/Family/Friend attending <input type="checkbox"/> (see page 11)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner Two Hands Massage Therapies</i>	Booking required (see page 14)	

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Saturday 28 April 2.00 to 3.30 pm (cont'd)	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham <i>Massage Practitioner</i>	<i>Booking required (see page 14)</i>	
3.30 to 3.55 pm	Afternoon Tea			
4.00 to 5.30 pm	Drawing Skills To draw what we see in the world requires basic perceptual skills for lines, shapes, shadows and relationships between them. Find out more in this creative session.	Paul Horne <i>Art Tutor</i> <i>U3A Sunshine Coast</i>	Participant 1	Participant 2
	Singing Is Good For Your Health! Singing in groups has proven benefits for general wellbeing – and it's fun. Don't be afraid to raise your voice at this session!	Ron Exiner <i>Music Maker</i>	Participant 1	Participant 2
	Bonsai Learn how to create your own mini garden, starting with one you'll be taking home from this session <i>Max 15 participants</i>	Frank Bryant and Peter Hogan <i>Bonsai Enthusiasts</i> <i>Sunshine Coast Bonsai Society</i>	Participant 1	Participant 2
	Wine Appreciation Can you tell your Chardonnay from your Sauvignon Blanc? Your Merlot from your Shiraz? Does it even matter? This session is not recommended for teetotallers . . . <i>Max 15 participants</i>	Darren Naylor <i>Sales Manager</i> <i>Purple Palate and Vineyard Owner</i> <i>Brockenchack</i>	Participant 1	Participant 2
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>	<i>Booking required (see page 14)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham <i>Massage Practitioner</i>	<i>Booking required (see page 14)</i>	
5.45 to 6.15 pm	Choir Practice	Mary-ann Liethof <i>Polio Australia</i>		
6.30 to 7.30 pm	Dinner			
8.00 to 9.00 pm	"Sir Andum Magic" - Enjoy having Sir Andum 'Change Your Reality'!			

Sunday 29 April

Time	Activity	Facilitator	Preferences (1,2,3)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	The Healthy Spirit	Bishop Ron Williams <i>Southern Region of the Anglican Diocese of Brisbane (Ret)</i>	Preference N/A	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Core Values and the Spirit Spirituality is at the core of all that we humans are and do. What makes for human flourishing for us all? – interactive discussion group	Bishop Ron Williams	Participant 1	Participant 2
	Finding the Meaning of Spirit This will be a facilitated discussion about what it means to each of us to attend to the ‘spirit’, the ‘soul’, the ‘inner self’. All individual interpretations welcome!	Liz Telford <i>Social Worker, Counsellor and Family Therapist Private Practice</i>	Participant 1	Participant 2
	Creating a Happy Head Space This session will present mindfulness techniques and creative visualisation to manage stress, increase productivity, enhance memory and clarity of mind and improve general wellbeing and life balance. – interactive discussion group	Kristy Rackham <i>Meditation Therapist Visualise This Enterprises</i>	Participant 1	Participant 2
	Natural Healing Explore the ancient practice of managing chronic pain and inflammation through acupuncture, diet and herbs. This session concludes with a singing mantra meditation. – interactive Q & A session	Romel Cordeiro <i>Acupuncturist / Healer</i> and Vanessa Cordeiro <i>Naturopath Body Smart Clinic</i>	Participant 1	Participant 2
12.15 pm	B-B-Q Lunch			
1.15 to 2.30 pm	Choir Performance and Closing Plenary	Mary-ann Liethof and Gillian Thomas <i>Polio Australia</i>	Preference N/A	

Partnering Polio

Friday: ☐ 2.00 to 3.45 pm Name: _____

Saturday: ☐ 2.00 to 3.45 pm Name: _____

Friday 27th April

Therapeutic Massage – 30 min or 60 min massage with Ric Scott – cash paid directly to Therapist

30 Minute Massage = \$30.00

<input type="checkbox"/> 10.30 to 11.00 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 11.15 to 11.45 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 1.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.45 to 2.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.30 to 3.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.45 to 4.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

60 Minute Massage = \$60.00

<input type="checkbox"/> 10.30 to 11.30 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 2.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.15 to 3.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.30 to 4.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

Therapeutic Massage – 30 min or 60 min massage with Veronica Johnston – cash paid directly to Therapist

30 Minute Massage = \$30.00

<input type="checkbox"/> 10.30 to 11.00 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 11.15 to 11.45 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 1.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.45 to 2.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.30 to 3.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.45 to 4.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

60 Minute Massage = \$60.00

<input type="checkbox"/> 10.30 to 11.30 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 2.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.15 to 3.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.30 to 4.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

Orthotics Assessment – 30 min appointment with Bianca or Clint Nielsen (free)

<input type="checkbox"/> Block 1: 10.30 to 11.00 am / 11.00 to 11.30 am / 11.30 to 12.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> Block 2: 1.00 to 1.30 pm / 1.30 to 2.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> Block 3: 2.00 to 2.30 pm / 2.30 to 3.00 pm / 3.30 to 3.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> Block 4: 4.00 to 4.30 pm / 4.30 to 5.00 pm / 5.00 to 5.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

Continence Advice – 20 min appointment with Erica Mohr (free)

<input type="checkbox"/> Block 1: 1.00 to 1.20 pm / 1.20 to 1.40 pm / 1.40 to 2.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> Block 2: 2.00 to 2.20 pm / 2.20 to 2.40 pm / 2.40 to 3.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

Hearing Test – 15 min appointment with Caroline Telfar (free)

- ☐ **Block 1:** 1.00 to 2.00 pm (4 x 15 min sessions available)Participant: ☐ One ☐ Two
- ☐ **Block 2:** 2.00 to 3.30 pm (6 x 15 min sessions available)Participant: ☐ One ☐ Two
- ☐ **Block 3:** 4.00 to 5.00 pm (4 x 15 min sessions available)Participant: ☐ One ☐ Two

Self-Management Discussion – 20 min appointment with Dr Peter Nolan (free)

- ☐ **Block 1:** 10.30 to 10.50 am / 10.50 to 11.10 am / 11.10 to 11.30 am / 11.30 to 11.50 am
.....Participant: ☐ One ☐ Two
- ☐ **Block 2:** 1.00 to 1.20 pm / 1.20 to 1.40 pm / 1.40 to 2.00 pmParticipant: ☐ One ☐ Two
- ☐ **Block 3:** 2.00 to 2.20 pm / 2.20 to 2.40 pm / 2.40 to 3.00 pmParticipant: ☐ One ☐ Two

GP Consultation – 15 min appointment with Dr Rosemary Howard (free)

- ☐ **Block 1:** 5.45 to 6.00 pm / 6.00 to 6.15 pm / 6.15 to 6.30 pmParticipant: ☐ One ☐ Two
- ☐ **Block 2:** 7.30 to 7.45 pm / 7.45 to 8.00pmParticipant: ☐ One ☐ Two

Therapeutic Massage – 30 min or 60 min massage with **Ric Scott** – cash paid directly to Therapist

30 Minute Massage = \$30.00

<input type="checkbox"/> 10.30 to 11.00 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 11.15 to 11.45 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 1.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.45 to 2.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.30 to 3.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.45 to 4.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

60 Minute Massage = \$60.00

<input type="checkbox"/> 10.30 to 11.30 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 2.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.15 to 3.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.30 to 4.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

Therapeutic Massage – 30 min or 60 min massage with **Kristy Rackham** – cash paid directly to Therapist

30 Minute Massage = \$30.00

<input type="checkbox"/> 10.30 to 11.00 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 11.15 to 11.45 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 1.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.45 to 2.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.30 to 3.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.45 to 4.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

60 Minute Massage = \$60.00

<input type="checkbox"/> 10.30 to 11.30 am	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.00 to 2.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.15 to 3.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.30 to 4.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two