



ABRN 142 977 053

POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

Gillian Thomas, President Suite 119C, 89 High Street, KEW VIC 3101
Email: office@polioaustralia.org.au PO Box 500 Kew East Vic 3102
www.polioaustralia.org.au Phone: (03) 9016 7678 / 0466 718 222

Polio Health and Wellness Retreat Body / Mind / Spirit

Presenters

(in order of presentation)

Thursday 28 April

	<p>Welcome & Cryptic Crosswords & Early Memories of Having Polio</p>	<p>Gillian Thomas President Polio Australia Ph: 02 9663 2402 gillian@polioaustralia.org.au</p>	<p>For over 20 years I have worked for the Post-Polio Network (NSW) Inc on a voluntary basis. I was a member of the original Working Party set up in 1988 to establish the Network, was subsequently elected as Secretary, and in 1997 became the Network's President. Since May 1989 I have also been the Editor of the Network's highly regarded quarterly newsletter <i>Network News</i>. In 2002 I was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of my work for polio survivors, while in 2004 I was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 I was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for my outstanding service to polio survivors and the community. I passionately believe in the need for a national voice for polio survivors and my efforts culminated in the highly successful meeting of all Australian State Polio Networks in May 2007 and the unanimous agreement to form Polio Australia. Polio Australia is now a reality and in 2008 I was elected its inaugural President.</p>
	<p>Welcome & Finding Your Story</p>	<p>Neil von Schill Treasurer Polio Australia Ph: 02 6025 6169 neil@polioaustralia.org.au</p>	<p>I was forced to take medical retirement from the NSW Department of Education because of the onset of the late effects of polio twelve years ago. I joined the Post-Polio Network (NSW) Inc in 1992 and became Convenor of the Albury/Wodonga Support Group. In 1999 I was elected to the Management Committee and accepted the role of Support Group Coordinator for the State. For the past four years I have also been the Secretary of the Network. Since 2003 I have conducted Country Conferences in different locations around the state and assisted with the organisation of Metropolitan Seminars. I organised the Polio Australasia Conference in Sydney in May 2007. I was instrumental in the agreement at that forum to form <i>Polio Australia</i> and am currently the Treasurer of that organisation.</p>

	Guest Speaker	Hon Bruce Billson , MP Electoral Division of Dunkley (Vic) Ph: 03 9781 2333 www.billson4dunkley.com	The Hon Bruce Billson MP is a fifth-term Member of the Australian House of Representatives, having been first elected in March 1996 to represent the outer Melbourne metropolitan coastal constituency of Dunkley. Bruce is the Shadow Minister for Small Business, Deregulation, Competition Policy and Sustainable Cities and part of the Coalition's Shadow Cabinet.
	Program Overview and Announcements & Guided Deep Relaxation & Choir	Mary-ann Liethof National Program Manager Polio Australia Ph: 03 9016 7678 mary-ann@polioaustralia.org.au	I worked as the Coordinator of Polio Network Victoria from mid 2004 to December 2009. During that time, I was one of the Victorian representatives on Management Committee for Polio Australia. Following a small philanthropic grant and a private donation, I was officially appointed as Polio Australia's National Program Manager in early January 2010 on a part time basis, which increased to full time in January 2011 thanks to a three year grant from The Balnaves Foundation. In April/May 2008, I visited 10 post-polio related services across North America on a Churchill Fellowship Study Tour grant, the purpose of which was "To identify techniques to better manage the late effects of polio". In April 2009, I travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: <i>Living with Polio in the 21st Century</i> and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. I was able to draw on this experience to conceptualize and coordinate Polio Australia's first Late Effects of Polio Self Management Residential Program (also known as a Polio Health and Wellness Retreat) in April 2010.

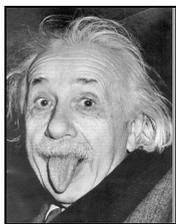
Friday 29 April

	The Polio Body & Self-Management Discussion & Pain Management	Dr Steve de Graaff Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation Camberwell, Victoria Ph: 03 9426 8765	Dr Stephen de Graaff is a Fellow of the AFRM (RACP). His areas of research interest include Stroke Rehabilitation, Spasticity Management, Pain Management, Post-Polio Sequelae and Continuing Professional Development. Steve is currently Chairman of the Education Committee of the Australasian Faculty of Rehabilitation Medicine (RACP).
	All About Scooters	Graeme Beary Sales Representative/ Demonstrator Scooters Australia Ph: 03 9799 9077 or 1300 622 633 dandenong@scootersaus.com.au www.scootersaus.com.au	Graeme joined the ranks of Scooters Australia in 2001 and is always saying "I have the best job in the world". He loves helping people to change their lives. He started his life as a Printer and worked in a large Printing firm for 40 years. He is happily married to wife Debra and has four children and 7 grandchildren. Graeme specialises in helping people to select the right scooter or powerchair for their needs and their budget. Graeme works closely with many local councils, health professionals and other organisations and is looking forward to attending the Polio Health and Wellness Retreat on 29th April 2011.

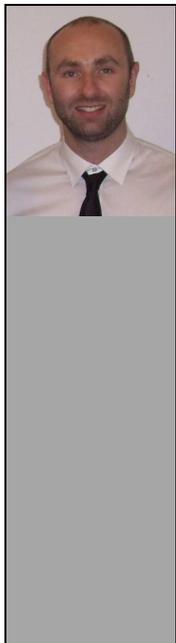
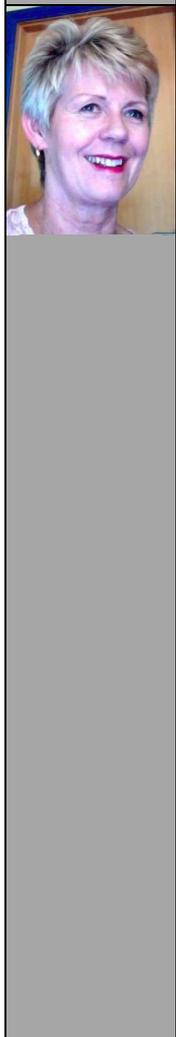
	<p>Get Moving!</p>	<p>Keith Butler Allied Health Assistant Peninsula Health Community Health, Mornington, Victoria Ph: 03 5975 8266 KButler@phcn.vic.gov.au</p>	<p>I have worked as an allied health assistant at the Peninsula Health Community Health office in Mornington since June 2008. I work with health professionals in co-ordinating and running exercise programs to help members of our community who have chronic health conditions such as arthritis and diabetes. These programs include strength training, warm water exercise and tai chi. I have completed training through Arthritis Victoria to lead water exercise and tai chi programs and am also a qualified fitness instructor and personal trainer. I recently completed a certificate in exercise rehabilitation and am currently studying for a Diploma in Fitness.</p>
	<p>Take a Deep Breath & Respiratory Assessment</p>	<p>Anne Duncan (RN Grad Dip Bus Mgt) Outreach Coordinator Victorian Respiratory Support Service Ph: 03 9496 3665 Fax: 9496 5124 Mob: 0409 387 448 anne.duncan@austin.org.au</p>	<p>I began working with ventilator dependent people in 1989 at Fairfield Hospital (FH) in Melbourne. At the time there were fewer than 40 people in Victoria using ventilators and 15 of them lived in the hospital. I was the Nurse Unit Manager of the ward from 1990 to 1998. In 1996 FH closed and we moved to the Bowen Centre at the Austin hospital. In 1998, with Dept of Health funding, I set up the VRSS Outreach Service. This is a state-wide service that provides equipment, information and support for ventilator users living in the community. I operated alone in this role until 2005 when I took over the contract for ventilator service/repair and expanded our staff to manage to the additional work. The Outreach team now consists of 4 Nurses, 1 Bio-medical engineer and a part time secretary. We have 700 clients under our care, 600 of whom use a ventilator to help maintain their respiratory health. Approximately 10% of our clients are people living with the late effects of Polio.</p>
	<p>Hard to Swallow?</p>	<p>Abby Foster Speech Pathologist St Vincent's Hospital Ph: 03 9288 3846</p>	<p>Abby Foster graduated from La Trobe University in 2004 and has worked as a speech pathologist in the area of adult swallowing management for the past six years. Abby has developed a strong interest in the area of dysphagia (swallowing) assessment and management. She is also a Practising Member of the Speech Pathology Association of Australia. Abby is currently working part time at St Vincent's Hospital and is a PhD candidate at The University of Queensland.</p>
	<p>Foot Care for Polio Feet & Podiatrist Appointment</p>	<p>Paul Musarra Podiatrist Riverina Podiatry Group Ph: 02 6021 7411 pmusarra@drfoot.com.au www.drfoot.com.au</p>	<p>Paul was born and raised in Sydney where he graduated from the School of Podiatry in 1988. Immediately after graduation he relocated to Albury to start work at Riverina Podiatry Group. Over the years Paul has worked in all areas of podiatry with a current focus on foot and ankle injury and overuse management.</p>
	<p>Therapeutic Massage</p>	<p>Annette Vince Massage Therapist Private Practice in Glen Iris Wednesday and Thursday Ph: 0438 556 706</p>	<p>I have a Diploma of Remedial Massage, Advanced Certificate of Trauma Counselling and Therapy, and a Bachelor of Nursing. I have been working as a massage therapist since 2003, mainly treating clients with back and neck problems, following surgery or with a debilitating illness. I have gained an interest in, and understanding of post polio syndrome after treating clients who had polio as a child.</p>

	<p>Acupuncture</p>	<p>Dr Anrea Galgoczi-Kratochvil Chinese Medicine Practitioner Accent On Wellbeing Ph: 03 9687 8939 reception@accentonwellbeing.com.au www.accentonwellbeing.com.au</p>	<p>Andrea has a PhD in Economics, a Bachelor of Health Science in Chinese Medicine (Acupuncture & Herbal Medicine) and a Diploma in TCM Remedial Massage. Andrea has also spent several months of hospital internship at The First Affiliated Hospital of Guangzhou Traditional Chinese Medicine University, in China. Here she has undertaken advanced studies in gynecology, endocrine diseases and post-stroke rehabilitation.</p> <p>Andrea is a registered practitioner – Chinese Medicine Registration Board of Victoria – and a member of the Australian Acupuncture and Chinese Medicine Association.</p> <p>Accent On Wellbeing is managed by Andrea; a polio sufferer herself in her early childhood.</p>
	<p>Physiotherapy Appointment & Exercise Myths & Facts & Who does what?</p>	<p>Louise Thomas Principal Physiotherapist NeuroMuscular Orthotics Mount Waverley Ph: 03 9543 4009 www.neuromuscular-orthotics.com.au</p>	<p>Louise Thomas completed a Bachelor of Physiotherapy at The University of Melbourne and followed this with a Post Graduate Diploma in Lower Limb Prosthetic Biomechanics at the University of Strathclyde, Glasgow, and a Masters of Sports Medicine (Research) at The University of Melbourne. Most of Louise's clinical experience has been in a rehabilitation setting managing people who have had polio, amputations or neurological disorders.</p> <p>Louise spent a number of years as the Manager of Polio Services Victoria, and then as the Manager of the Physiotherapy Department at St Vincent's Hospital, Melbourne and as the Associate Clinical Dean of Physiotherapy at The University of Melbourne.</p> <p>Louise is a current member of the Australian Physiotherapy Association and works as the Principal Physiotherapist at Neuromuscular Orthotics.</p>
	<p>Aids and Equipment</p>	<p>Margaret Petkoff Occupational Therapist Polio Services Victoria Ph: 03 9288 3900 or 1800 030 324 psv@svhm.org.au www.psv.svhm.org.au</p>	<p>Margaret Petkoff has been practicing as an occupational therapist for 25 years. She has worked as the occupational therapist at Polio Services Victoria for nearly 10 years. Margaret has extensive experience in complex equipment prescription with a special interest in wheelchairs and pressure cushions.</p>
	<p>Companions' Chat</p>	<p>Graeme Smith Spouse/Partner/Carer Ph: 03 9756 6383 joansgra@bigpond.com</p>	<p>As the husband of a polio survivor, I have learned about a whole new part of my wife's childhood. I have also learned to share and partly understand her current issues dealing with post-polio and very recently, cancer. Being a carer created many new issues for me. I found that sharing with others who understand can be very helpful. Through my membership of our polio support group I have been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given me the opportunity to gain more information about the condition and how I might be able to help, for example, by modifying our lifestyle and living arrangements. Sharing with trusted friends can also allow a good measure of humour to ease the way.</p>

	<p>To Brace or Not To Brace & Orthotist Appointment</p>	<p>Darren Pereira Director & Principal Orthotist NeuroMuscular Orthotics Mount Waverley Ph: 03 9543 4009 www.neuromuscular-orthotics.com.au</p>	<p>Darren Pereira is Certified by the Australian Orthotics & Prosthetics Association (AOPA) and has completed international sub-specialty training in all aspects of orthotic management. He has a particular focus in neuromuscular disorders and is the Australian specialist in Knee Ankle Foot Orthoses (KAFO) and Stance Control Knee Ankle Foot Orthoses (SCKAFO). Darren completed his secondary education in 1989 at De La Salle College Malvern and commenced an undergraduate degree in Electronic Engineering at R.M.I.T the following year. At the end of first year, he transferred into the Bachelor of Prosthetics & Orthotics program at Latrobe University Melbourne and completed the undergraduate degree in 1994. Darren's clinical semester was completed in public practice at Rancho Los Amigos Hospital in Los Angeles California. He then spent two and a half years in private practice in Los Angeles before returning to the Royal Children's Hospital Melbourne in 1998. Darren held public appointments as the Chief of Prosthetics & Orthotics at St Vincent's Hospital Melbourne and Consultant Orthotist for Polio Services Victoria from 1998 – 2009.</p>
	<p>Recipe for Success</p>	<p>Alison Green Dietitian Private Practice Ph: 0412 513 809</p>	<p>Alison has been a consultant dietitian working alongside General Practitioners in medical centres in Somerville, Hallam and Endeavour Hills (Victoria) for the past 10 years. Over her 16 years of experience as a dietitian, time conducting Diabetes Education courses with Diabetes Educators and running Healthy Heart groups has given her a great interest in helping motivate clients take a healthy approach to their lifestyle. As well giving advice for general healthy eating, weight management, diabetes and cardiovascular disease, Alison has an interest in women's health, elderly nutrition, and gastrointestinal diseases such as Coeliac disease, fructose malabsorption and 'irritable bowel'.</p>
	<p>Therapeutic Massage</p>	<p>Jess Whitbourne Massage Therapist MP Family Physiotherapy Ph: 03 5976 4944</p>	<p>I have a diploma in remedial massage that I obtained at the Australian College of Natural Medicine, Melbourne. From there I have worked in many different environments and with a variety of therapists. I studied hot stone massage in London and then worked on a cruise ship in the Caribbean learning skills and knowledge from my colleagues who came from all over the globe. I use western cupping techniques as part of my treatments, along with stretching, pressure points and of course some lovely relaxation moves.</p>
	<p>Therapeutic Massage</p>	<p>Pam Joy Massage Therapist Private Practice</p>	<p>I have been a professional relaxation masseuse for 18 years, a Shiatsu therapist for 8 years, and I've also trained in Lomi Lomi massage. When I started doing body work I realised I needed to have a variety of skills to assist my clients. Relaxation massage works to let the muscles relax allowing me to go deeper into the body to where the client can release any tensions. I am a trained Counsellor in Cognitive Behaviour Therapy through the Cairnmillar Institute, have completed my Certificate Four as an Activity Co-ordinator, Aged Care, and I currently volunteer as a Peer Educator for Beyond Maturity Blue project through Council on the Ageing Victoria (COTA).</p>

	Trivia Night	Michael Cowden Trivia Night Host	Michael has a 'day job' as a teacher and really wishes people would stop asking him to host Trivia Nights! In his spare time, Michael likes playing golf and supporting Collingwood. Michael insists that this will be a fun night and you don't have to be a genius.
---------------------------------------------------------------------------------	---------------------	--------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Saturday 30 April

	The Healthy Mind & Keeping the Mind Active	Dr Andrew Sinclair Psychologist Independence Australia Ph: 1300 704 456 andrew.sinclair@independenceaustralia.com www.independenceaustralia.com	Andrew is the team leader of Psychology and Counselling Services at Independence Australia. Andrew has an Arts degree with Honours in Psychology and Professional Doctorate in Health Psychology. Andrew also has a Science degree majoring in physiology and pathology and he completed a Diploma of Management last year. Andrew has previously had research accepted at international conferences (including a Psychology conference in Barcelona this year) and his work has been published in Scientific Journals. As a health psychologist Andrew specialises in working with people with chronic illness and disability. Andrew's practice is focused on Mindfulness based cognitive therapy, which is a combination of Eastern and Western approaches to psychological well-being. Andrew has regularly worked with people living with the late effects of Polio at Independence Australia's counselling service and has previously presented at "Polio Days".
	Seated Yoga and Relaxation	Trish Jones Yoga Instructor Chiro Yoga Ph: 0409 548 550 chiroyoga@hotmail.com	I started yoga in 1979 and have been an active practitioner since, attending classes, courses and intensive training sessions (mostly at Satyananda Ashram in Daylesford, Victoria.) I began teaching in 2001 and have been regularly teaching classes since then in community centres; schools; for the disabled; in the work place; and privately. Practiced regularly, yoga teaches the frantic mind to settle and find peace. It improves focus and concentration; lowers and balances blood pressure; strengthens the immune system; improves breathing capacity; and eliminates toxins. Yoga is a good preventative health care tool. It gives you the ability to transform stress into energy. The more you are able to relax and release tension, the more vitality you have. This brings about peace, freedom, inner strength. It is empowering. The deep relaxation/meditation practice when done regularly will develop long lasting vitality and feeling of well being. It systematically dissolves tension from the body and the mind, the breathing and visualisation facilitates release of a physical, emotional and mental level. This technique (with its use of affirmation) can inspire profound changes within.

	<p>The Alexander Technique & Frogs in Hot Water or What You Think is What You Get! & Singing Is Good For Your Health!</p>	<p>Jane Coker Alexander Technique Practitioner Private Practice Ph: 03 9020 1215 or 0400 053 266 jane.coker@optusnet.com.au</p>	<p>I have 25 years experience as a singer, saxophonist, voice teacher and community music facilitator. Originally from the UK, I have worked in Australia since 1999. My own experience of the Alexander Technique has been an end to over 20 years of chronic lower back pain, an increased vocal range and an a better ability to deal with stress.</p> <p>I had been suffering from severe lower back problems since my early twenties. In my early 40s the condition became intolerable and I began learning Alexander Technique. I learned how to use myself in a different way and can now bend and move more easily without fear of pain or injury. Best of all I can now play my huge baritone saxophone again, mow the lawn, go camping with friends and many other things that make life worth living.</p> <p>I am passionate about helping ordinary people to make music, both with their voices and with instruments. I love to work with people who just want to have fun singing or playing but they have never tried or gave up ages ago. As well as teaching individuals I also specialise in group workshops.</p>
	<p>Finding Your Story</p>	<p>Joan Smith Convener, Knox-Yarra Ranges Post-Polio Support Group, Victoria Ph: 03 9756 6383 joansgra@bigpond.com & Neil von Schill</p>	<p>As a polio survivor I have been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for me as Principal of a school for children with severe to profound disabilities. After early retirement, due to post-polio syndrome, I embarked on writing my life story for my grandchildren. That developed into the further project of producing and publishing "The Calliper Kids" – a book detailing life stories of eleven polio survivors living in our area. The book has proved a useful tool in educating our medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for our story tellers. I continue in the role as Convenor of the Knox-Yarra Ranges Polio Support Group, where we continually receive and share very positive feedback about our stories.</p>
	<p>Introduction to the Internet</p>	<p>Peter Norton Trainer U3A Mornington Ph: 03 5975 9773 www.u3amornington.org.au</p>	<p>I have been involved in the Computer Industry since the mid 1960's working in the UK, South Africa and Australia.</p> <p>When I retired in 2006 I worked as a volunteer with Council on the Ageing (COTA) and recently with the University of the Third Age (U3A) Mornington. U3A is an organisation that caters for the over 55's and provides classes on a variety of subjects covering art, languages and computing.</p> <p>I am currently the computer class coordinator running some 60 courses and 10 Workshops per year with 10 volunteer Tutors. The classes cover basic computing, internet & email, through to advanced subjects such as digital photography.</p> <p>The Internet is a fascinating tool for hobbies, questions & answers, buying & selling, banking and communication (email). Using the internet opens a new dimension on information gathering and widens one's view of the world we live in.</p>

	<p>Picture Perfect</p>	<p>Stan Barnett Committee Member Frankston Photographic Club sbarnett@turbonet.com.au www.frankstonphotoclub.com.au</p>	<p>I became interested in photography when I realised that I could not draw or paint! I wanted to be able to record the world around me and in 1964 at age 21, bought my first real camera. About 5 years ago I decided to switch from film to digital and am now very keen on this new technology. The ability to take a photo and see the result immediately makes it easier to get good results. However we still need to obey some simple rules if we are to turn good photos into ones that our friends and family will want to look at! I now use a reasonably sophisticated Nikon digital camera with a couple of different lenses. These are processed on my PC using Photoshop software. As a preference I like to take photos of people rather than places. My specialty in photography is the production of short audio-visuals using both photos and music. These usually last around 3 minutes and will often use as many as 50 different photos. As someone that has been taking photos for all of my adult life I am keen to share whatever experience and knowledge that I have in order to improve other people's photos.</p>
	<p>Explore Your Inner Artist</p>	<p>Fran Henke Member Mornington Peninsula Post Polio Support Group</p>	<p>Frances Henke is an artist and writer. She has written 12 books on gardening and related subjects. She was a journalist for 45 years including working as media advisor for state and federal politicians. She is now trying to be a novelist in between community and art work. Fran has a Visual Arts diploma from Chisholm Frankston, majoring in printmaking and sculpture as a mature age student. She is a member of the Mornington Peninsula Post Polio Support Group and Community Reference Group for Independence Australia.</p>
	<p>Bonsai</p>	<p>Alan Byers President Mornington Peninsula Bonsai Society Ph: 5974 4257 byers@satlink.com.au http://home.vicnet.net.au/~bonsaisp</p>	<p>I have been interested in Bonsai for a long time and have been actively developing my own trees for the last 10 years. I'm currently the President of the Mornington Peninsula Bonsai Society, one of many such Bonsai clubs around Australia. I find that creating and cultivating Bonsai trees is a great hobby (or is it a passion?) now that I am getting older.</p>
	<p>Learn to Play Mah jong</p>	<p>Ailsa Lim (<i>left</i>) Jan Mackinnon (<i>centre</i>) Annie Wardley (<i>right</i>) Mah jong Enthusiasts U3A Mornington Ph: 03 5975 9773 www.u3amornington.org.au</p>	<p>Ailsa, Jan and Annie are all retired and living on the Mornington Peninsula. They play Ma jong at the Mornington U3A each week and, because they love the game so much, they get together with another group of 12 'girls' to play on a fortnightly basis.</p>
 <p>"Chicken Karma"</p>	<p>To book Chicken Karma for your next function Ph: 0408 193 383</p>	<p>Mick: Vocals, hot Dobro uke, lead & rhythm guitar Member of MUK (Melbourne Ukulele Kollektive) Ex "Cellophane Flowers" Jane: Vocals, uke and rhythm guitar, egg shaker Ex "Cellophane Flowers" Russell: Has brought his unique style to many a café locally and abroad. He plays a mean piano accordion and banjo and previously appeared with: "Tango Fandango" & "Jack Russell Trio"</p>	

	<p>The Healthy Spirit & Connecting with the Spirit Within including Meditation</p>	<p>Maureen Anderson Session Presenter U3A Mornington</p>	<p>I enrolled at U3A Mornington about 3 years ago. I was then offered the opportunity of taking a class for "Body, Mind and Spirit" which I have been doing for 21/2 years now. In that class, we cover all aspects of 'Self' including Meditation.</p>
	<p>Naturopathy</p>	<p>Dr Michael McIntyre Naturopath Peninsula Natural Therapies Ph: 02 4465 2267 0412 322 771 buddharocks@bigpond.com</p>	<p>Michael McIntyre ND A.N.T.A is one of Australia's most experienced naturopaths, having been in clinical practise for almost 30 years. Michael formed Peninsula Natural Therapies Pty Ltd in 1984 and the company has evolved dramatically since that time, moving from a large multi practitioner practise to a boutique service, offering specialised care to athletes, entertainers and families. Michael works with herbal medicine, homoeopathics and mineral therapies and addresses such issues as: immune dysfunction, respiratory conditions, weight loss and metabolic function, fatigue and nervous conditions. Through his years of experience and client feedback, Michael has drawn from over 20 000 case histories, to develop an holistic approach to health care and treatment. He addresses all aspects of the human being - the mind, body and spirit.</p>
	<p>Balancing Your Life</p>	<p>Liz Telford Social Worker/ Counsellor/ Family Therapist Private Practice</p>	<p>I am a Social Worker/Counsellor/Family Therapist with a private practice in Fairfield Melbourne where I see individuals, couples and families.</p> <p>I had polio as a baby and have spent quite a bit of time thinking about how having polio has affected my life and the lives of those around me.</p> <p>Over the past few years I have needed to slow down and pay a bit more attention to what my body has to say. My work gives me the opportunity to meet many people who have reached points of transition in their lives, or who are facing other challenges and to talk with them about their experience. I feel that living is a "work in progress" and we can learn a great deal from each other and from ourselves when we allow the time to reflect.</p> <p>I became involved with Polio Network Victoria in 2008 when I joined the Polio Advisory Committee. In 2009, I travelled with Mary-ann Liethof and others on a journey to a Polio Retreat in Warm Springs, Georgia, which has been the inspiration for this Polio Health and Wellness Retreat.</p>