



ABRN 142 977 053

POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

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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)*

St Joseph's Centre for Reflective Living Baulkham Hills NSW

Thursday 8, Friday 9, Saturday 10 and Sunday 11 May 2014

Overview

Polio Australia ran its first Health and Wellness Retreat in Baulkham Hills, New South Wales (2010), with a second in Mt Eliza, Victoria (2011), a third on the Sunshine Coast, Queensland (2012), and the fourth in Glenelg, South Australia (2013). These were all based on a Polio Retreat held by Post-Polio Health International in Warm Springs, Georgia, USA (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 fifth Retreat is back where it all started, at the peaceful sanctuary that is St Joseph's Centre for Reflective Living. It 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.

Day 1 - Orientation - Thursday 8 March



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	Dr John Tierney <i>President, Polio Australia</i> and Gillian Thomas <i>Vice President, Polio Australia</i>
7.45 pm	Guest Speaker: Paul Galy on his book <i>"The 4th of May: The Memories of Paul Galy OAM"</i>	Introduction by Mary-ann Liethof <i>National Program Manager, Polio Australia</i>
8.15 pm	Program Overview and Brief Announcements	Mary-ann Liethof
8.30 pm	Participant Introductions	Mary-ann Liethof
9.00 pm	Relax and Mingle	



Participants at the South Australian Health and Wellness Retreat, April 2013


Day 2 – The Healthy Body - Friday 9 May

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	Plenary: The Polio Body	Dr Stephen de Graaff <i>Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria</i>	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Post Polio Exercise Options Should we “use it or lose it” or “conserve it to preserve it”? Clarify your exercise options in this session. – interactive Q & A session	Gilly Davy <i>Clinical Educator and Senior Neurological Physiotherapist Advance Rehab Centre</i>	Participant 1	Participant 2
	Functional Footwear Paul makes "functional" footwear, with the goal of normalising gait, minimising discomfort and producing an aesthetic, fashionable and high quality footwear product that conceals any underlying problem. See what options are available for you! – interactive Q & A session	Paul Galy <i>Footwear Practitioner David Windsor Shoemakers</i>	Participant 1	Participant 2
	A Breath of Fresh Air: how to work with your respiratory system to maximise speech and swallowing functions Colleen will aim to introduce participants to ideas on how to monitor their speech, breathing and swallow functions in order to detect any areas of change. She will let you know what you can be doing yourself to maintain these vital functions and what options are available for professional assistance. – interactive Q & A session	Colleen Kerr <i>Speech Pathologist Optimal SP</i>	Participant 1	Participant 2
	Pain and Fatigue Management Pain and fatigue can be the most disabling aspects of the late effects of polio. This session explores strategies for how to minimise the impact of these symptoms. – interactive Q & A session	Dr Stephen de Graaff <i>Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria</i>	Participant 1	Participant 2
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Carole Gridley <i>Remedial Massage Therapist HealthTouch Massage Therapies</i>	<i>Booking required (see page 14/15)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Aruna Ellis <i>Remedial Massage Therapist Massage In Care</i>	<i>Booking required (see page 14/15)</i>	

Time	Activity	Facilitator	Preferences (1,2,3 ..)
Friday 9 May 12.15 pm	Lunch		
12.15 to 2.00 pm	<p>Independent Living Centre NSW Display www.ilcnsw.asn.au</p> <p>Independent Living Centre NSW is a leading information, education, and advisory centre for Assistive Technology and the Built Environment. They are located in Westpoint Blacktown, NSW and are a not-for-profit, community based organisation and Public Benevolent Institution registered as a charity in New South Wales. The purpose of ILC is to inform people's choices of assistive technology by providing impartial advice and information. The ILC NSW team is made up of allied health professionals, access consultants, administration, and corporate support professionals.</p>		
	<p>Barefoot Freedom Footwear Display www.barefootfreedom.com.au</p> <p>Barefoot Freedom specialised staff recognise the need of all Polio clients, a stone's throw from Royal North Shore Hospital and a few doors from the St Leonards Station where people with feet in need of special care can go to get comfort. With over 400 styles and colors of highest quality orthotic footwear you have lots of choice. At Barefoot Freedom, you will be looked after by experienced and qualified Pedorthists who really know feet, and appreciate the difference a pair of comfortable shoes can make to a person's wellbeing. "No foot problem too big or too small" is the attitude you'll find at Barefoot Freedom. With 30 years of experience fitting medical grade footwear and special knowledge of the need of our polio clients. A registered provider of DVA and also recognised as prescription footwear supplier by doctors and specialised surgeons and major health insurance companies.</p>		
1.00 to 2.00 pm	Rest & Relaxation		
	<p>Guided Deep Relaxation – 20 min session at 1.30pm</p>	<p>Mary-ann Liethof <i>Polio Australia</i></p>	<p><i>Optional</i></p>
	<p>Self-Management Consultation – booked 20 minute one-to-one session (<i>free</i>)</p>	<p>Dr Stephen de Graaff <i>Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria</i></p>	<p><i>Booking required (see page 14)</i></p>
	<p>Therapeutic Massage – booked sessions (<i>\$30.00 for half hour / \$60.00 for one hour</i>)</p>	<p>Carole Gridley <i>Remedial Massage Therapist HealthTouch Massage Therapies</i></p>	<p><i>Booking required (see page 14/15)</i></p>
	<p>Therapeutic Massage – booked sessions (<i>\$30.00 for half hour / \$60.00 for one hour</i>)</p>	<p>Aruna Ellis <i>Remedial Massage Therapist Massage In Care</i></p>	<p><i>Booking required (see page 14/15)</i></p>


Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 9 May 2.00 to 3.30 pm	Osteopathic in Self Care Anne says that after 32 years working in health care, 3 major principles have become apparent - simple strategies work best, near enough IS good enough, and most 'Old Wives' Tales' have a kernel of truth within. In their joint presentation, Anne and Stiofan will be outlining some simple and effective health and exercise strategies useful for the stress rich, but time poor. – interactive Q & A session	Anne Cooper <i>and</i> Dr Stiofan MacSuibhne <i>Osteopaths</i> <i>Central Sydney Osteopathy</i>	Participant 1	Participant 2
	Swollen Polio Legs Why? Is this lymphoedema? What are the management options? – interactive Q & A session	Dr Helen Mackie <i>Rehabilitation Physician</i> <i>Mt Wilga Private Hospital</i>	Participant 1	Participant 2
	Too Tired To Breath? In this session, Amanda will address the impact of sleep on breathing and how this can affect health. The focus will be on the two major types of sleep breathing disorders: obstructive sleep apnea and sleep hypoventilation, and the therapies most commonly used for these conditions. – interactive Q & A session	Dr Amanda J Piper Respiratory Failure Service Dept of Respiratory and Sleep Medicine Royal Prince Alfred Hospital		
	Managing Arthritis and Osteoporosis Arthritis and Osteoporosis NSW believes it is vital to communicate effective prevention, treatment and self-management techniques to the community about arthritis, osteoporosis and other musculoskeletal conditions. In this session, Jenny will cover: risk factors associated with both arthritis and osteoporosis; the importance of physical activity; pain management; and the three pillars of bone health – calcium, vitamin D and exercise. – interactive Q & A session	Jenny Ly <i>Senior Health Promotion Officer</i> <i>Arthritis and Osteoporosis NSW</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.	Graeme Smith <i>Partner of Joan Smith</i>	<i>Please tick here if Partner/Family/Friend attending</i> <input type="checkbox"/> <i>(see page 13)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Carole Gridley <i>Remedial Massage Therapist</i> <i>HealthTouch Massage Therapies</i>	<i>Booking required</i> <i>(see page 14/15)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Aruna Ellis <i>Remedial Massage Therapist</i> <i>Massage In Care</i>	<i>Booking required</i> <i>(see page 14/15)</i>	

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 9 May 3.30 to 3.55 pm	Afternoon Tea		Preference N/A	
4.00 to 5.30 pm	Mindfulness: Resilience, Performance and Positive Mental States Mindfulness is currently much talked about as an approach to stress management and empowering people to manage a wide range of health issues. This workshop will introduce you to mindfulness as a concept and teach you some basic mindfulness techniques that might be helpful in managing pain, fatigue or stressful situations. – interactive session	Dr Stiofan MacSuibhne <i>Osteopath</i> <i>Central Sydney Osteopathy</i>	Participant 1	Participant 2
	Optimal Nutrition Nutrition - at its most functional level, food is fuel for our bodies. But are we getting the right stuff? Are we eating what works for us as individuals? Are we energised by our food choices? This session will address how we can use nutrition as a powerful tool for building health and wellbeing. – interactive Q & A session	Melinda Overall <i>Nutritionist</i>	Participant 1	Participant 2
	Avoiding Falls A 2010 publication from the Netherlands reported that 74% of 305 polio survivors sustained at least one fall in the previous year, with 60% reporting more than one fall. This session will address the contributing factors and strategies for preventing falls. – interactive Q & A session	Rachael Morris <i>Occupational Therapist</i> <i>Advance Rehab Centre</i>	Participant 1	Participant 2
	Taking Charge Of Your Own Health More than any doctor or health worker we are the ones with the greatest interest and concern in our health. Sometimes these concerns are dismissed, or we do not know what help is available. We will discuss what resource are out there which could be helpful, and will share tips for being heard. – interactive Q & A session	Mary Potter <i>Consumer Health NSW</i>	Participant 1	Participant 2
	Lymphoedema Discussion – booked 15 minute one-to-one session (<i>free</i>)	Dr Helen Mackie <i>Rehabilitation Physician</i> <i>Mt Wilga Private Hospital</i>	Booking required (see page 14)	
	Self-Management Discussion – booked 20 minute one-to-one session (<i>free</i>)	Dr Stephen de Graaff <i>Director of Pain Services and Senior Rehabilitation Physician</i> <i>Epworth Healthcare, Victoria</i>	Booking required (see page 13)	

<i>Time</i>	Activity	Facilitator	<i>Preferences (1,2,3 ..)</i>
Friday 9 May 4.00 to 5.30 pm <i>(cont'd)</i>	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Carole Gridley <i>Remedial Massage Therapist HealthTouch Massage Therapies</i>	<i>Booking required (see page 14/15)</i>
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Aruna Ellis <i>Remedial Massage Therapist Massage In Care</i>	<i>Booking required (see page 14/15)</i>
5.45 to 6.15 pm	Choir Practice	Mary-ann Liethof <i>Polio Australia</i>	<i>Optional</i>
6.30 to 7.30 pm	Dinner		<i>Preference N/A</i>
7.30 pm onwards	Free time		
8.00 pm	Circular Keys Chorus  through education, performance and musical excellence.		Mastering the art-form of barbershop harmony, Circular Keys Chorus has been providing entertaining, dynamic and award-winning performances in the greater Sydney area since its formation in 1995. Over 80 women come from Sydney's north-western suburbs, Canberra and the Central Coast with the aim of enriching their lives and the community


Day 3 – The Healthy Mind - Saturday 10 May

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	Plenary: Healthy Brain Ageing	Dr Loren Mowszowski Healthy Brain Ageing Clinic Clinical Research Unit Brain & Mind Research Institute The University Of Sydney	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Seated Yoga Yoga is not only for people who can twist themselves in a knot inside out, but for all individuals who have their daily responsibilities and who are not in their best health. Why not try it yourself? – practical session	Heena Raikar Yoga Therapist	Participant 1	Participant 2
	Early Polio Memories Sharing personal experiences of the early years. – interactive discussion group	Joan Smith <i>Convenor, Knox-Yarra Ranges Polio Support Group and Secretary, Post-Polio Victoria</i>	Participant 1	Participant 2
	Singing for Fun! Are you looking for a place to sing besides the shower? You're in luck. This is a light-hearted singing session with accompaniment. Song requests welcome. All song-birds welcome to tweet along. – interactive session	Gloria Cunneen <i>USA Tutor</i>	Participant 1	Participant 2
	Mind Matters This session will provide a taste of the range of 'mind games' and other 'brain training' tools available to work on your memory and problem-solving skills. – interactive session	Gillian Thomas <i>Vice President Polio Australia</i>	Participant 1	Participant 2
	Foot Care Appointment - 15 minute booked session (<i>free</i>)	Rudo Makuyana <i>Podiatrist Blacktown Prodiatry</i>	<i>Booking required (see page 16)</i>	
	Therapeutic Massage – booked sessions (<i>\$30.00 for half hour / \$60.00 for one hour</i>)	Carole Gridley <i>Remedial Massage Therapist HealthTouch Massage Therapies</i>	<i>Booking required (see page 16)</i>	
	Therapeutic Massage – booked sessions (<i>\$30.00 for half hour / \$60.00 for one hour</i>)	Aruna Ellis <i>Remedial Massage Therapist Massage In Care</i>	<i>Booking required (see page 16)</i>	
12.15 pm	Lunch			

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Saturday 10 May 12.00 to 2.00 pm	AutoMobility Display (car park) www.automobility.com.au 	Automobility are experts in vehicle wheelchair access. Specialising in passenger vehicle conversions, they can also offer docking stations, wheelchair hoists, wheelchair lifts and mobility aids to help people in and out of vehicles.		
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>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Carole Gridley <i>Remedial Massage Therapist</i> <i>HealthTouch Massage Therapies</i>	<i>Booking required (see page 16)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Aruna Ellis <i>Remedial Massage Therapist</i> <i>Massage In Care</i>	<i>Booking required (see page 16)</i>	
	Aromatherapy Massage Hand and/or Foot Massage only – booked sessions (\$20.00 for 20 minutes)	Heena Raikar <i>Aromatherapy Massage Therapist</i>	<i>Booking required (see page 16)</i>	
2.00 to 3.30 pm	Telling Your Story Telling your story helps you make sense of your life — why certain events happened the way they did. You begin to examine what has happened to and through you. You begin to make sense of <i>who</i> you are. Telling your story can be incredibly therapeutic, and the practice often leads to greater confidence and understanding of self. – interactive session	Gayle Kennedy <i>Author</i>	Participant 1	Participant 2
	A Family History Taster: Catching The Bug! In this session, participants will have an opportunity to reflect on the importance of personal narrative and explore the endless possibilities that Family History Research (FHR) offers. We will focus on a basic introduction to FHR, outlining a systematic and organised approach as well as an orientation to the major FHR sites. – interactive Q & A session	Ronda and John Gaffey <i>U3A Tutors</i>	Participant 1	Participant 2

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Saturday 10 May 2.00 to 3.30 pm <i>(cont'd)</i>	Cryptic Crosswords Cryptic crosswords can seem dauntingly nonsensical at first glance. But the fundamental principles of cryptic clueing are actually quite simple. Practice your mental gymnastics in this practical session. - practical session	Gillian Thomas <i>Vice President</i> <i>Polio Australia</i>	Participant 1	Participant 2
	Travelling Options for People Ageing with a Physical Disability There are a multitude of issues that affect people with a disability when they travel, go out to eat, stay in hotels, or attend functions. Businesses that don't cater for these needs not only lose their business but could also be in violation of the Disability Discrimination Act 1992 and the Convention for the Rights of People with Disabilities. Flying Wheelies has created a rating system for businesses based on current legal, community and individual accessibility standards. Find out how Flying Wheelies can help with your next holiday booking. – interactive Q & A session	Matthew Hennig <i>Manager</i> <i>Flying Wheelies</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.	Graeme Smith <i>Partner of Joan Smith</i>	<i>Please tick here if Partner/Family/Friend attending</i> <input type="checkbox"/> <i>(see page 13)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Carole Gridley <i>Remedial Massage Therapist</i> <i>HealthTouch Massage Therapies</i>	<i>Booking required</i> <i>(see page 16)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Aruna Ellis <i>Remedial Massage Therapist</i> <i>Massage In Care</i>	<i>Booking required</i> <i>(see page 16)</i>	
	Aromatherapy Massage Hand and/or Foot Massage only – booked sessions (\$20.00 for 20 minutes)	Heena Raikar <i>Aromatherapy Massage Therapist</i>	<i>Booking required</i> <i>(see page 17)</i>	

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Saturday 10 May 3.30 to 3.55 pm	Afternoon Tea			
4.00 to 5.30 pm	Card Making Make your own, personalised greeting cards. Explore elements of colour and design and learn techniques of punch-work, shaping, layering and cut-outs. All materials supplied, and you will create 3 unique cards to take home. If possible, it would be useful to bring own tweezers, scissors, embossing tool (the larger size ball, rather than the finer point) and soft mouse pad, which are all available at Spotlight and art & craft suppliers. - interactive session (Max 8 participants)	Joan Smith <i>Convenor, Knox-Yarra Ranges Polio Support Group and Secretary, Post-Polio Victoria</i>	Participant 1	Participant 2
	Making the Most of Our New Reality As we are ageing, and the late effects of polio kick in, how are we adapting to and coping with this 'new reality'? Gayle will be sharing her own experience of how she turned her life around, and facilitate discussion about exploring options. – interactive discussion	Gayle Kennedy <i>Author</i>	Participant 1	Participant 2
	Laughter: The Best Medicine Laughter has many health benefits, and a good laugh just feels good. Recently many people around the world have been reaping the rewards of laughter through "laughter clubs" which emerged from India. People of all ages and backgrounds gather weekly in parks around the world for chuckles and conviviality. The concept has also been taken into cancer wards and nursing homes. This session explains the proven health benefits of laughter and will lead you through a gentle laughter club session. – interactive session	Usuff Omar <i>Newtown Laughter Club</i>	Participant 1	Participant 2
	Bonsai Magic Participants will be making their own little Bonsai on the day assisted by Ray. Each participant will receive a plant, pot, potting mix, pebbles, mesh and a Care Leaflet to do the workshop. Ray will conduct a quick demonstration showing how to go about making a Bonsai and will give a brief description on their required care. – interactive session (Max 15 participants)	Ray Nesci <i>Owner/Operator Ray Nesci Bonsai Nursery</i>	Participant 1	Participant 2

Time	Activity	Facilitator	Preferences (1,2,3 ..)
Saturday 10 May 4.00 to 5.30 pm (cont'd)	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Carole Gridley <i>Remedial Massage Therapist</i> <i>HealthTouch Massage Therapies</i>	<i>Booking required</i> (see page 16)
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Aruna Ellis <i>Remedial Massage Therapist</i> <i>Massage In Care</i>	<i>Booking required</i> (see page 16)
	Aromatherapy Massage Hand and/or Foot Massage only – booked sessions (\$20.00 for 20 minutes)	Heena Raikar <i>Aromatherapy Massage Therapist</i>	<i>Booking required</i> (see page 17)
Saturday 10 May 5.45 to 6.15 pm	Choir Practice	Mary-ann Liethof <i>Polio Australia</i>	
6.30 to 7.30 pm	Dinner		
Between 8.00 and 9.00 pm	Tommy Dean, Comedian  <p>If you have never seen Tommy Dean you are genuinely missing out on a master of the language – comedy. He has been referred to as the “good will hunting” of comedy, he seems to see life as an enormous equation in front of him and solves it in an instant – with a mind bending laugh.</p> <p>Tommy has the unique edge of being an American who understands Australia! You would no doubt have seen him on countless TV shows! Tommy’s astute, clean, observational comedic style ensures that he never fails to connect with and impress any audience.</p>		

Day 4 – The Healthy Spirit - Sunday 11 May

Time	Activity	Facilitator	Preferences (1,2,3)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	Plenary: The Healthy Spirit	Sr Annie Bond <i>Centre Director St Joseph's – Baulkham Hills</i>	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Awakening the Creative Spirit Within Human creativity is also part of our spirit, and Sister Annie will explore the use of tools such as mandalas and labyrinths to energise/lighten our spirit - even if we don't think we are creative! This is not an in-depth exposure but will provide you with an insight into nurturing your own spirit. – interactive discussion group	Sr Annie Bond <i>Centre Director St Joseph's – Baulkham Hills</i>	Participant 1	Participant 2
	Philosophically Speaking What is Philosophy? Can anyone be a philosopher? When did people start to think, to reason? Three main ways of thought: Religion - Science - Philosophy. Are they totally separate? Why did Philosophy start? What kind of problems was it supposed to solve? A short comparison of early Indian, Chinese and Greek thinking. – a Philosophical discussion session, using questions	Margot Taverne <i>U3A Tutor</i>	Participant 1	Participant 2
	Meditation The tradition and aims of meditation will be explained together with a series of guided meditations to focus the mind. Music will also be incorporated to enhance the experience. During the session, participants sit on a chair with hands on their laps. – interactive session	Leanne Huet <i>Sahaja Yoga Practitioner and Lene Jeffrey Music Therapist</i>	Participant 1	Participant 2
12.15 pm	Lunch			
1.15 to 2.30 pm	Choir Performance and Closing Plenary	Mary-ann Liethof <i>and Gillian Thomas Polio Australia</i>	<i>Preference N/A</i>	

Partnering Polio

Friday: 2.00 to 3.30 pm Name: _____

Saturday: 2.00 to 3.30 pm Name: _____

Friday 9th May

Self-Management Discussion – 20 min with Dr Stephen de Graaff (Free)

- | | | | | |
|--|-------|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 1.00 to 1.20 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 1.25 to 1.45 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 1.50 to 2.10 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 2.15 to 2.35 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 2.40 to 3.00 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 3.30 to 3.50 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <i>Break</i> | | | | |
| <input type="checkbox"/> 4.10 to 4.30 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 4.35 to 4.55 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 5.00 to 5.20 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |

Lymphoedema Discussion – 15 min with Dr Helen Mackie (Free)

- | | | | | |
|--|-------|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 3.30 to 3.45 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 3.50 to 4.05 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 4.10 to 4.25 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 4.30 to 4.45 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 4.50 to 5.05 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 5.10 to 5.25 pm | | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |

Therapeutic Massage – 30 min or 60 min massage with Carole Gridley – cash paid directly to Therapist

Please indicate if you are able to get onto the massage table with little or no assistance Yes No

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 |
| <input type="checkbox"/> 4.30 to 5.00 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 **Aruna Ellis** – cash paid directly to Therapist

Please indicate if you are able to get onto the massage table with little or no assistance Yes No

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 |
| <input type="checkbox"/> 4.30 to 5.00 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 |

Podiatry Appointment – 15 min with Rudo Makuyana (Free)

- | | | | |
|--|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 10.30 to 10.45 am | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 10.50 to 11.05 am | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 11.10 to 11.25 pm | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 11.30 to 11.45 pm | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 11.50 to 12.05 pm | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 12.10 to 12.25 pm | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |

Therapeutic Massage – 30 min or 60 min massage with Carole Gridley – cash paid directly to Therapist

Please indicate if you are able to get onto the massage table with little or no assistance Yes No

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 |
| <input type="checkbox"/> 4.30 to 5.00 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 Aruna Ellis – cash paid directly to Therapist

Please indicate if you are able to get onto the massage table with little or no assistance Yes No

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 |
| <input type="checkbox"/> 4.30 to 5.00 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 |

Aromatherapy Hand and Foot Massage – 20 min with **Heena Raikar** – cash paid directly to Therapist

20 Minute Hand and Foot Massage = \$20.00

<input type="checkbox"/> 1.00 to 1.20 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.25 to 1.45 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.50 to 2.10 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.15 to 2.35 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.40 to 3.00 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.30 to 3.50 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.55 to 4.15 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 4.20 to 4.40 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 4.45 to 5.05 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 5.10 to 5.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two