



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)*



Stamford Grand, Glenelg, South Australia

Thursday 18, Friday 19, Saturday 20 and Sunday 21 April 2013

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 and a third on the Sunshine Coast, Queensland, in 2012. 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 fourth Retreat in the delightful South Australian seaside suburb of Glenelg 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.

Program Preferences

Day 1 - Orientation - Thursday 18 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	Dr John Tierney <i>President, Polio Australia</i> and Gillian Thomas <i>Vice President, Polio Australia</i>
7.45 pm	Guest Speaker: The Hon Steve Georganas Labor Member for Hindmarsh	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 Queensland Health and Wellness Retreat, April 2012

Day 2 – The Healthy Body - Friday 19 April

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	Plenary: Challenges in Polio-Polio	Ann Buchan <i>Neurophysiotherapist Unley Physiotherapy</i>	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Continence with Confidence 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	Rosalie Donhardt <i>Registered Nurse South Australian Continence Resource Centre</i>	Participant 1	Participant 2
	Powered Mobility This session will focus on: <ul style="list-style-type: none"> • powered mobility aids, including powered wheelchairs and mobility scooters (gophers) • wheelchair & scooter features • skills required to use powered mobility aids • road rules, safe use and insurance • transportation of powered mobility aids • overview of the Independent Living Centre SA – interactive Q & A session	Megan Fechner <i>Occupational Therapist Independent Living Centre SA</i>	Participant 1	Participant 2
	Falls and Balance Concerns 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	Ann Buchan <i>Neurophysiotherapist Unley Physiotherapy</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 Nigel Quadros <i>Rehabilitation Physician Queen Elizabeth Hospital</i>	Participant 1	Participant 2
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan <i>Remedial Massage Therapist Gentle Care Therapies</i>	<i>Booking required (see page 12)</i>	
Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist Private Practice</i>	<i>Booking required (see page 12)</i>		

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 19 April 12.15 pm	Lunch			
	Aids and Equipment Display Public equipment display, enquiries line and information brochures	Megan Fechner <i>Occupational Therapist Independent Living Centre SA</i>	<i>Optional</i>	
	Continance Information Stand	Rosalie Donhardt <i>Continance Nurse Continance Resource Centre</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>	
	Physiotherapy Consultation – booked 30 minute one-to-one session (<i>free</i>)	Ann Buchan <i>Neurophysiotherapist Unley Physiotherapy</i>	<i>Booking required (see page 12)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan <i>Remedial Massage Therapist Gentle Care Therapies</i>	<i>Booking required (see page 12)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist Business Name</i>	<i>Booking required (see page 12)</i>	
2.00 to 3.30 pm	Pain & 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 (<i>repeat session</i>)	Dr Nigel Quadros <i>Rehabilitation Physician Queen Elizabeth Hospital</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	Adam Holden <i>Orthotist Orthotics Prosthetics South Australia (OPSA) Repatriation General Hospital</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	Daniel Gibbs <i>Podiatrist/Director and Ben Lynch Podiatrist Posture Podiatry</i>	Participant 1	Participant 2
	ChiBall - Gentle Moves This is a restorative mind/body exercise program, promoting balance and wellbeing, assisting to improve posture, gain greater strength, flexibility, co-ordination and fitness. An hour of movement to music, seamlessly combining the benefits and practice of Tai Chi-Qi Gong, Dance, Yoga, Pilates and deep Relaxation - designed for those seeking a more adaptable, less strenuous, class structure and may be practiced from both sitting and standing positions. - practical session	Judy McKenzie <i>ChiBall Instructor</i>	Participant 1	Participant 2

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 19 April 2.00 to 3.30 pm (cont'd)	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>	Please tick here if Partner/Family/Friend attending <input type="checkbox"/> (see page 11)	
	Physiotherapy Consultation – booked 30 minute one-to-one session (free)	Ann Buchan <i>Neurophysiotherapist Unley Physiotherapy</i>	Booking required (see page 12)	
	Orthotics Consultation – booked 20 minute one-to-one session (free)	John Santos <i>Orthotist OPSA Repatriation General Hospital</i>	Booking required (see page 12)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan <i>Remedial Massage Therapist Gentle Care Therapies</i>	Booking required (see page 12)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist Private Practice</i>	Booking required (see page 12)	
3.30 to 3.55 pm	Afternoon Tea		Preference N/A	
4.00 to 5.30 pm	Safe Swallowing: Suggestions and Strategies Swallowing is a complex process requiring the precise coordination of a number of muscles and structures within the mouth and throat. If these muscles are not working properly because they are weak, slow or poorly coordinated, then health complications can result. It is something we take for granted but what do we do if day to day activities like drinking, taking medications or mealtimes start to become more difficult? The session will provide practical advice and simple strategies to reduce difficulties related to swallowing so come with questions and stories of your own. – interactive Q & A session	Natasha Glynn <i>Speech Pathologist Queen Elizabeth Hospital</i>	Participant 1	Participant 2
	The Holistic Approach To Health The application of herbs, long proven as safe and effective in professional hands, effectively helps in the treatment of many common problems such as arthritis, asthma, migraines, headaches, depression, allergies, fluid retention, trauma recovery, hypertension, chronic fatigue, hormone imbalance, menopause, hyperactivity, bad digestion. Virtually any condition can benefit from natural herbs - helping to optimize the body's ability to take care of itself and survive. Rob also uses Iridology as a primary tool for assessing the needs and condition(s) of each patient. – interactive Q & A session	Robert Elliott <i>Herbalist/Iridologist Elliott Herbal Health & Iridology</i>	Participant 1	Participant 2

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Friday 19 April 4.00 to 5.30 pm <i>(cont'd)</i>	Understanding Aged Care in SA Learn more about how older people in SA can be supported to stay in their own homes or be assessed to move into residential care. – interactive Q & A session	Lyndal Gerrard <i>Team Leader</i> <i>Access2HomeCare</i>	Participant 1	Participant 2
	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	Feng Tam <i>Practice Principal and</i> <i>Respiratory Physiotherapist</i> <i>and</i> Frances Hardy <i>Respiratory Physiotherapist</i> <i>Respiratory PhysiO2</i>	Participant 1	Participant 2
	Physiotherapy Consultation – booked 30 minute one-to-one session (<i>free</i>)	Ann Buchan <i>Neurophysiotherapist</i> <i>Unley Physiotherapy</i>	<i>Booking required</i> <i>(see page 12)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan <i>Remedial Massage Therapist</i> <i>Gentle Care Therapies</i>	<i>Booking required</i> <i>(see page 12)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist</i> <i>Private Practice</i>	<i>Booking required</i> <i>(see page 12)</i>	
5.45 to 6.15 pm	Choir Practice	Mary-ann Liethof Polio Australia	<i>Optional</i>	
6.30 to 7.30 pm	Dinner		<i>Preference N/A</i>	
7.30 pm onwards	Free time			
Friday 19 April 8.00 to 9.35 pm (95 mins)	Movie: “The Sessions” is based on the poignantly optimistic autobiographical writings of California-based journalist and poet Mark O'Brien, <i>The Sessions</i> tells the story of a man confined to an iron lung who is determined - at age 38 - to lose his virginity. With the help of his therapists and the guidance of his priest, he sets out to make his dream a reality.			

Day 3 – The Healthy Mind - Saturday 20 April

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	Plenary: Neuroplasticity - The Buzz Word in Neuroscience!	Susan Hillier <i>Associate Professor - Neuroscience and Rehabilitation University of South Australia</i>	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Chair Yoga Yoga is a wonderful way fo people to experience better breathing techniques, gentle movement of nearly every muscle in your body from head to toes, and complete mind and body relaxation - practical session / seated	Maria Merlino <i>Yoga Teacher</i>	Participant 1	Participant 2
	Finding Ease and Efficiency in Daily Moving: a Session Using the Feldenkrais Method In this workshop participants will experience some fundamental principles of the Feldenkrais method; how to move with more ease and therefore more efficiently, with less fatigue. Come prepared to move – the lesson will be in a seated position and loose comfortable clothes are recommended. - practical session / seated	Susan Hillier <i>Feldenkrais Practitioner and Associate Professor - Neuroscience and Rehabilitation University of South Australia</i>	Participant 1	Participant 2
	Mindfulness: What Is It And How Can It Help Me? Mindfulness, the art and skill of living in the moment, helps us to relate to our life experiences in a way that is healing, connecting and wise. - practical and interactive session	Georgie Davidson <i>Physiotherapist Mindful Movement Physiotherapy</i>	Participant 1	Participant 2
	Early Polio Memories Personal experiences of the early years. – interactive discussion group	Gillian Thomas <i>Vice President Polio Australia</i>	Participant 1	Participant 2
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan <i>Remedial Massage Therapist Gentle Care Therapies</i>	<i>Booking required (see page 13)</i>	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist Private Practice</i>	<i>Booking required (see page 13)</i>	
12.15 pm	Lunch			

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Saturday 20 April 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)	Sharon Misan <i>Remedial Massage Therapist Gentle Care Therapies</i>	Booking required (see page 13)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist Private Practice</i>	Booking required (see page 13)	
2.00 to 3.30 pm	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>Note: Participants must have current medical clearance and be able to enter and exit the pool independently</i> <i>Max 12 participants – Cost: \$20.00* for pool and taxi fare / BYO towel</i> * add cost to Registration Fee	Lee O'Connell <i>Physiotherapist MS Society</i>	Participant 1	Participant 2
	Fantasy Miniature Gardening Create your own fantasy garden in a jar! This is a practical terrarium making session where participants will make a small terrarium, receive a bottle top waterer to occasionally water their terrarium, stones, charcoal, sphagnum moss, potting mixture and plants. <i>Max 15 participants – Cost \$15.00* for all materials</i> * add cost to Registration Fee	Andrew Ward <i>President SA Bonsai Society</i>	Participant 1	Participant 2
	Exploring Your Inner Child Through Art and Music Learn how playing with textas and water colour pastels can help you find the joy and laughter of childhood.	Nola Stewart <i>and Ekaterina (Kat) Panourgias Creative Types</i>	Participant 1	Participant 2
	Finding Your Story We all have a story, so how will you tell yours?	Joan Smith <i>Convenor, Knox-Yarra Ranges Polio Support Group and Secretary, Post-Polio Victoria</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>	Please tick here if Partner/Family/Friend attending <input type="checkbox"/> (see page 11)	

Time	Activity	Facilitator	Preferences (1,2,3 ..)	
Saturday 20 April 2.00 to 3.30 pm (cont'd)	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan <i>Remedial Massage Therapist</i> <i>Gentle Care Therapies</i>	<i>Booking required</i> (see page 13)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist</i> <i>Private Practice</i>	<i>Booking required</i> (see page 13)	
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 – all available at Spotlight and art & craft suppliers. <i>Max 8 participants</i>	Joan Smith <i>Convenor, Knox-Yarra Ranges Polio Support Group and</i> <i>Secretary, Post-Polio Victoria</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!	Doris Henderson <i>Singing Teacher</i>	Participant 1	Participant 2
	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.	Gillian Thomas <i>Vice President</i> <i>Polio Australia</i>	Participant 1	Participant 2
	The Art of Winemaking and Beer Brewing Amateur winemaking gained popularity in the sixties when wine consumption in Australia generally became accepted. The Amateur Winemakers and Brewers Club of Adelaide was formed in 1972 with six members, and membership grew rapidly. Following a discussion on beer brewing and wine making, this session finishes off with a tasting. <i>Max 15 participants</i>	Jane Boroky, Justin Johansson, Edda Johansson, Michael Lineage, Nathon Otto, and John Samuel <i>Amateur Winemakers and Brewers Club of Adelaide</i>	Participant 1	Participant 2
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan <i>Remedial Massage Therapist</i> <i>Gentle Care Therapies</i>	<i>Booking required</i> (see page 13)	
	Therapeutic Massage – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	George Leaman <i>Remedial Massage Therapist</i> <i>Private Practice</i>	<i>Booking required</i> (see page 13)	

Time	Activity	Facilitator	Preferences (1,2,3 ..)
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 9.00-9.30 pm	<p>Simon Skinner Magician Aces Magic Entertainment</p> <p>Simon performs magic interlaced with comedy in a relaxed style. He performs amazing magic using playing cards, coins, sponge balls, silks and borrowed objects including finger rings and banknotes. As Simon weaves his magic through the crowd at any event he leaves a trail of wonder and astonishment.</p>		

Day 4 – The Healthy Spirit - Sunday 21 April

Time	Activity	Facilitator	Preferences (1,2,3)	
7.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	Plenary: The Healthy Spirit	Professor Ian Maddocks AM <i>Palliative Care Specialist and Senior Australian of the Year 2013</i>	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	The Gift of the Holy Spirit The Comforter: Strengthening Us In Our Daily Life – interactive discussion group	Bishop Bruce Rosier (<i>Ret</i>)	Participant 1	Participant 2
	Practical Wisdom Part philosophy, part mindfulness but primarily personal experience in navigating common dilemmas. This includes open discussion on what gives life value and meaning. Practical wisdom is an applied reflective and spiritual skill that builds resilience and leads toward us becoming “experts by experience”. – interactive discussion group	Seamus Baker <i>Tutor Adelaide U3A</i>	Participant 1	Participant 2
	Meditation People who meditate regularly often find that they become healthier and calmer, with an improved outlook on life. Regular meditation, and the mental peace that it gives us, can improve our understanding of our psychological, physical and spiritual being. It also helps us understand others so that we become more compassionate and positive towards the people around us. Scientific research done both overseas and in Australia has shown how meditation can improve physical and psychological wellbeing. – interactive session	Tony Esposito, Sue Nickson and Noel O’Brien <i>Yoga Practitioners Sahaja Yoga</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>	<i>Preference N/A</i>	

Partnering Polio

Friday: 2.00 to 3.30 pm Name: _____

Saturday: 2.00 to 3.30 pm Name: _____

Booked Sessions

Friday 19th April

Therapeutic Massage – 30 min or 60 min massage with **Sharon Misan** – 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
<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 **George Leaman** – 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
<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

Orthotics Assessment – 20 min appointment with **John Santos (free)**

<input type="checkbox"/> 2.00 to 2.20 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.25 to 2.45 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.50 to 3.10 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.15 to 3.35 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

Physiotherapy Consultation – 30 min appointment with **Ann Buchan (free)**

<input type="checkbox"/> 1.00 to 1.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 1.40 to 2.10 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 2.20 to 2.50 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 3.00 to 3.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 4.00 to 4.30 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two
<input type="checkbox"/> 4.40 to 5.10 pm	Participant:	<input type="checkbox"/> One	<input type="checkbox"/> Two

Therapeutic Massage – 30 min or 60 min massage with **Sharon Misan** – cash paid directly to Therapist

30 Minute Massage = \$30.00

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|--|--------------|------------------------------|------------------------------|
| <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

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|--|--------------|------------------------------|------------------------------|
| <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 **George Leaman** – 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 |
| <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 |