

Active Ageing Australia® presents



Active Ageing **Week**
2009

Health Professionals Seminar -

**Topic: 'The Psychology of Exercise for the
Older Person: Engagement and Self
Management'**

Wednesday 8th July 1.30 - 4.30pm

**UniSA City East, Centenary Building, Level 3
(actually ground level), Rm 16**

Guest speakers include:

- Sue Curtis, Ortran, on 'Finding our bearings for older people with exercise as an enabling 'chronic condition''
- Pauline Kelly, Flinders University, on "Self Management - Background and evidence with special reference to Flinders and Stanford Programs"
- Eva Kemps (Flinders University School of Psychology) on 'Factors that promote and prevent exercise engagement in older adults'
- Grant Edwards, Resthaven, on 'Parkinson's disease groups, combining Exercise and Self-Management'
- Amanda Shields, CNAHS, on 'Supporting a culture shift towards Self Management'

Refreshments supplied

Registrations essential by Wednesday 1st July: via booking form (attached)

For further information contact Active Ageing on 8232 9077

or visit www.activeageingsa.net.au

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Health Professionals Seminar



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Registration Form

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This free seminar is open to all Health Professionals, booking are limited and registration is essential. Please complete the details below and fax to Active Ageing Australia® on: 8232 9020

Name: Dr/Mr/Mrs/Ms/Miss

Occupation:

Organisation:

Postal address:

Phone: Mobile:

Email:

Special dietary requirements?

Special mobility requirements?

