

POLIO DAY 2009

Monday 12th October

Darebin Community Arts & Entertainment Centre
Cnr St Georges Road & Bell Street, Preston

Based on the wonderful format presented at the 2009 Post-Polio Wellness Retreat at Roosevelt Warm Springs, Georgia, USA, this Polio Day will introduce you to a range of experiences and activities addressing the overall Body / Mind / Spirit aspects of Health and Wellness. You may be interested in exploring seated Yoga, learning more about pain management, having a mini-massage, or trying out the latest scooters and wheelchairs. There should be something for everyone.

Polio Day is also a time to catch up with friends, enjoy lunch and refreshments, and view the displays. Please come along and help us celebrate Polio Day 2009!

Health and Wellness 'Try Day'

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| 10.30am | Registration / Refreshments |
| 11.00am | Housekeeping and Introduction of IA Rep and PAC Chair |
| 11.10am | Welcome from Independence Australia rep and Polio Advisory Committee Chair |
| 11.15am | Keynote Speakers:
Trying new things at the Post-Polio Wellness Retreat
– Roosevelt Warm Springs, April 2009 <ul style="list-style-type: none">• Shirley Glance, Convener, Bayside Polio Support Group• Fran Henke, Member, Mornington Peninsula Post Polio Support Group• Liz Talbot, Member, Polio Advisory Committee |
| 12.00pm | Stretch |
| 12.10 | Summary of "Living with Polio in the 21 st Century" Conference <ul style="list-style-type: none">• Mary-ann Liethof |
| 12.40pm | Lunch / Social / Displays <ul style="list-style-type: none">• Catch up with old and new friends• Run PPS: Shades of Grey film• Polio Roll Call PowerPoint / alpha print out display• Various displays |

1.40pm

Concurrent Activities

1. Seated Yoga & Meditation
 - Trisha Jones, Chiro Yoga
2. Write Your Own Story
 - Katherine Ross, Journalist and Editor
3. Pain – Cause & Management
 - Dr Stephen de Graaff, Medical Pain Specialist, Epworth Rehabilitation
 - Dr Andrew Sinclair, Health Psychologist, Independence Australia
4. Try Out and Discuss Mobility Aids & Equipment
 - Mobility Plus
 - Stephen Hughes, Orthotist, Polio Services Victoria
 - Margaret Petkoff, Occupational Therapist, Polio Services Victoria
5. Mini Seated Massage Sessions
 - Myotherapy Students, Kangan Batman TAFE
6. Exercise Options
 - Simon Mathieson, Physiotherapist, Polio Services Victoria
7. Learn to play Boccia (seated and adapted Bocce)
 - Bocce Victoria
8. Introduction to the Internet:
 - Telstra

3.15-3.30pm

Return to Grevillea Room for Door Prize Draw & Conclusion

Details

VENUE: Darebin Community Arts Centre
Cnr St Georges Road & Bell Street, Preston
Melways Ref 30 E1

COST: \$10.00 per person - to be included with your returned application

PARKING: Free, on-site parking for 250 cars

PUBLIC TRANSPORT: **Train** Epping Line stopping at Bell Station
Tram 11 From Collins Street to West Preston stopping at the corner of Miller Street and St Georges Road, Preston
Tram 86 From Bourke Street to Bundoora stopping at the corner of Bell Street and Plenty Road, Preston

Booking Form *(Page 3 below)*

Please complete and return Booking Form with payment to confirm your attendance **by Friday 2nd October** and/or refer any enquiries to:

Mary-ann Liethof, Polio Community Officer, Polio Network Victoria
Independence Australia, 208 Wellington Street, Collingwood, 3066
Ph: (03) 9418 0411 / Mob: 0425 785 871
Fax: 1300 704 451 / Email: polio@independenceaustralia.com

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Name/s: 1. _____ 2. _____
(please print) 3. _____ 4. _____

Address: _____

Phone/s: (Day) _____ (Mob) _____

Email: _____

Special dietary needs:

Coeliac Food Allergies/Intolerance: _____
(please specify)

Enclosed is my cheque/money order made payable to **Independence Australia** for \$ _____

or please debit my:

Visa Card MasterCard

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Account Number: 30 09 1026

Name on Card: _____

Expiry Date: _____ / _____

Amount: \$ _____



RECEIPT

(will be handed out during registration)

Name: _____
(Please Print)

For: **Polio Day 2009** Amount: \$ _____