



# WOMEN'S HEALTH EXPO

## Stage program



### SATURDAY 7

- 11.00 **The Energyduo** - Lilian Bonnici. Do you understand what an energy body is? Lily, a classically trained homeopath and Joan a holistic counsellor, The Energy Duo will explain how the energy body affects your health and wellbeing. Demonstration of chakra balancing using toning.
- 11.30 **Calma Lifestyle**  
Sandra has just returned from extended overseas training and will be focusing on the ability to create a Work-Life Balance using all 4 levels of intelligence within the individual - Physical, Emotional, Intellectual, Spiritual, Intelligences She will be providing a demonstration giving examples via Yoga as a medium.
- 12pm **The National Breast Cancer Centre, incorporating the Ovarian Cancer Program.** It is important that all women know the normal look and feel of their breasts and be aware of symptoms that might be ovarian cancer, so they can act promptly when they notice a change in their body. Dr Alison Evans and Ms Jane Francis will present some key facts about breast and ovarian cancer.
- 1pm **Surgical Synergies**  
Mr. Tony Pohl is the Director of Orthopaedic Trauma at Royal Adelaide Hospital and is a Senior Clinical Lecturer in the Department of Orthopaedics and Trauma, University of Adelaide. Dr Pohl will discuss a non-pharmacologic intervention that NASA is using in space to prevent bone loss in astronauts. The Juvent Dynamic Motion Technology is a non drug treatment with over 20 years of research from the State University of New York at Stonybrook, USA. This technology prevents bone loss, builds bone and assist in postural stability – making you less likely to fall and sustain a fracture.
- 2.00pm **Abundance Herbs - Sonia Fletcher**  
Inspired by Nature—organic Herbalist
- 2.30pm **IVFAustralia**  
Planning a pregnancy  
Dr Ric Porter, Director - You want to start a family but it's not happening as *naturally* as you expect. Dr Porter provides practical information on how to maximise your chances of conceiving and explains the 'ART' of Assisted Reproductive Technologies.
- 3.15pm **New World Chiropractic**  
Dr Rosemarie Jabbour - Wellness in the 21st Century

### SUNDAY 8

- 11am **The Energyduo** - Lilian Bonnici  
Do you understand what an energy body is? Lily, a classically trained homeopath and Joan a holistic counsellor, The EnergyDuo will explain how the energy body affects your health and wellbeing. Demonstration of chakra balancing using toning.
- 11.30 **Calma Lifestyle**  
Heather Crowe takes a holistic approach to training individuals and groups with the emphasis on Functional training, Core stability, Postural realignment. She is experienced with training & coaching clients who wish to reduce stress, enhance and maintain their health and well being, increase energy and fitness levels, correct muscle imbalances, increase fat loss, tone and muscle definition. Heather's session will include a unique blend of yoga, pilates, strength & relaxation work.
- 12pm **New World Chiropractic**  
Dr Rosemarie Jabbour - Wellness in the 21st Century
- 12.45 **The Sydney Institute for Obesity Surgeons**  
What is lap-band surgery 'what are the Benefits and complications that can happen and all the data about that. Obesity and it's medical problems like blood pressure 'sleep apnea... heart... 'joint pain etc.....All the studies about obesity and what other surgery is there .. How SIOS..... (SYDNEY INSTITUTE FOR OBESITY SURGERY) PROVIDE THE SERVICE AND ALL THE FOLLOW-UPS Why diets are not the answer and why they don't work in the long run
- 2.30pm **IVFAustralia** - Planning a pregnancy  
Associate Professor Peter Illingworth, Medical Director  
You want to start a family but it's not happening as naturally as you expect. A/Prof Illingworth provides practical information on how to maximise your chances of conceiving and explains the 'ART' of Assisted Reproductive Technologies.
- 3.30 **Aloha Healing with Felicity White.**  
Felicity is a Naturopathic Herbalist and has been working in the field for more than 9 years. She manufactures her own organic herbal medicines, ointments @ bodycare products.