

# Chronic Disease and Physical Activity Forum

Thursday 19 November, 2009  
9.30 am Registration– 3.00pm

St Mary's Parish Hall,  
23 Pyke Street, Bairnsdale



Facilitated by Kinect Australia, this is one of a series of regional physical activity promotion forums. This forum is delivered through the 'Go for your life' Physical Activity Information Centre. The 'Go for your life' Physical Activity Information Centre is supported by the Victorian Government through the 'Go for your life' initiative.

This forum will be focusing on the latest research regarding physical activity and management of chronic disease in adults and older adults by providing strategies and resources. The local example programs will provide the attendees with insight into key learnings and skills to implement into their similar programs.

## Registration:

Complete the registration form and return by **November 13** 2009 via the link below:

[http://www.kinectaustralia.org.au/content/Public/InfoLine\\_InfoCentre/Forums/Upcoming\\_Forums.aspx](http://www.kinectaustralia.org.au/content/Public/InfoLine_InfoCentre/Forums/Upcoming_Forums.aspx)

**There is no cost to attend this event. Places are limited, early registration is encouraged.**

**Getting to the venue:** From Melbourne take the Monash Freeway which becomes the Princes Highway, so continue along the Princes Hwy. All day parking is available in Pyke St and in the carpark behind McDonalds. There are parking restrictions in Nicholson St, and on Main Street. The Bairnsdale train runs 3 times a day and leaves from Southern Cross Station. Pyke St is opposite the train station so the venue is a 2 minute walk north from the station.



## Agenda

- 9.30am**                    **Registration**
- 9.45am**                    **Welcome**  
Sarah-Jane Blunt, Health Promotion, Kinect Australia
- 10.00am**                    **Chronic Disease Management in Gippsland**  
Margaret Stebbing, Population Health Academic,  
Dr Priscilla Pyett, Associate Professor in Indigenous Health Research, &  
Clare McHugh, Project Worker, Monash University Department Rural and  
Indigenous Health (MUDRIH)
- 10.30am**                    **Parkinson's Disease and Physical Activity**  
Victor McConvey, Parkinson's Victoria
- 11.00am**                    **Diabetes and Physical Activity**  
Ann Whelan, Diabetes Educator, Gippsland Paediatrics Sale
- 11.30am**                    **Morning Tea**
- 11.50am**                    **Arthritis and Physical Activity**  
Jennifer Bates, Health Educator, Arthritis Victoria
- 12.20pm**                    **Optimising Management of Chronic Heart Disease**  
Dr David McConachy, Cardiac Physician, Bairnsdale Regional Health Service
- 12.50pm**                    **Panel Discussion**
- 1.05pm**                    **Lunch**
- 1.45pm**                    **Local Example Programs**
- Tai Chi**  
Rose Morecroft (practical session for the whole group), Gippsland Lakes  
Community Health - Bruthen
- Indigenous Group- Koorie Swim Bubs**  
Susie Squires and Teresa Martin, Gippsland Lakes Community Health/ Lake  
Tyers
- Chronic Disease Management Program**  
Libby McCormack, Allied Health, Bairnsdale Regional Health Service
- Panel Discussion**
- 3.00pm**                    **Wrap up/ Close**  
Emily Durbridge, Chronic Disease Management Worker, East Gippsland and  
Wellington PCP

In partnership with:

