



# AGENDA

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9am Registration

9.30am **Introduction and overarching concepts**

*Caitlin Sargent (MC) – Physiotherapist and Olympian - Barefoot Physiotherapy*

9.45am **Workshop 1 – NUTRITION - Creating a Great Relationship with Food**

*Kate Pollard – Dietitian – Centre for Integrative Health*

10.45am Morning Tea

11.15am **Workshop 2 – THE BODY – Accumulative Strain and Building Resilience**

*Sal Oliver Lange – Physiotherapist - Barefoot Physiotherapy*

12.15pm Small Group Exercises with Barefoot Physiotherapy

12.30pm Lunch on the terrace - overlooks the river

1.15pm **Workshop 3 – THE MIND – Implementing Change**

*Wade Jacklin – Psychologist – Positive Psychology*

2.15pm **Wrap up and Q&A**

2.30pm Summit concludes

*You are invited to join us on the terrace for nibbles and to mingle with people you have met and the presenters.*

*Free parking is available at QTC, King Arthur Terrace, Tennyson. Due to construction of the new Yeerongpilly Green Community, we recommend entering from the western side of QTC, following signs to the carpark.*

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