



Sandgate's Wellbeing Expo

FREE - ALL DAY KIDS/ADULT ACTIVITIES by Kim Mancini Art Gallery

FREE - ART WORKSHOP by Rebecca from A Painter's Dream

KIDS CLASS 11am & ADULTS CLASS 2pm

Time	Workshop/Demo (downstairs room – underneath main stage)	Health Talk (main stage)
10am	OPENING CEREMONY – Welcome to country, Jared Cassidy (local councillor) and Wellbeing Expo Organiser – Lisa Johnson (in Town Hall)	
10:30	KIRTAN – Spiritual up lifting songs by our local Kirtan group.	
11:00 am	Outside @ War Memorial Park (grassy roundabout area) YOGA FOR SELF EMPOWERMENT Solar Plexus Chakra Flow Yoga designed for all levels with Megan Crossfield 60min session.	THE IMPORTANCE OF MOVEMENT FOR BETTER PHYSICAL WELLBEING by Tom Law - Personal and Group Training.
		KIDS YOGA Introducing kids to yoga in an engaging and interactive way. Amy from Voodoo Yoga.
11:30 am	JAZZERCISE Routines to get you up and dancing. Cindy Scherf & Linda Skerman - Jazzercise Sandgate.	RADICALLY REDUCE CHEMICALS IN YOUR HOME Easy, effective and affordable solutions with Kylie Bevan, Health Coach & Norwex Independent Consultant.
12:00 pm	POSTNATAL BABYWEARING SAFETY & CONSIDERATIONS Calming and nurturing for babies while supporting mum's health. Bernetta Billing - Certified babywearing consultant.	MOVING FORWARDS – ONE SMALL STEP AT A TIME "A journey of a thousand miles starts with one step." Laozi. Kelly Proser - Fluid Exercise Physiology
12:30 pm	GUIDED MEDITATION Using rainbow coloured mandala to bring sense of wellbeing/connection to self. Julie Timmins - Personal Coach, NLP and Time Line therapist.	DETOX HACK WHY DURATION TYPE MATTERS What's right for your body based on your gene expression to feel great and lose weight. Sommer Watts – Naturopath and Nutritionist.
1:00 pm	HOLISTIC PSYCHOLOGICAL APPROACHES FOR ENHANCING YOUR WELLBEING This engaging session will provide you with some practical tools and insights to support your wellbeing. Lisa Johnson – Engagement Psychology.	FOLLOWING THE PLAN - THE HARDEST PART OF LOSING FAT Learn how having the right plan can make losing fat easy. Andrew – PT & Strength Coach – Workout Brighton.

1:30 pm	KANGATRaining – POSTNATAL WORKOUT Experience some Kangatraining; the original Babywearing, low impact, full body workout. <i>'No baby required but very welcome.'</i> Bernetta Billing – Kangatraining	KNOW YOUR GUTS Is your guts impacting you health? Learn what your gut does, the sign of an unhealthy gut, and how you can support it. Pam Hird – Naturopath and Nutritionist.
2:00 pm	LOOKING AFTER YOUR LYMPHATIC SYSTEM - A FAMILY AFFAIR How to look after lymphatic system for all ages. Jacqui Beutel of Gentle Hands Massage - Oncology & Lymphoedema Therapist.	RELIEF AT YOUR FINGER TIPS - ACUPRESSURE FOR STRESS AND ANXIETY Explore how stress affects us physically and hormonally. Explore stress relieving acupressure techniques. Jennifer Coleman - Acupuncturist.
2:30 pm	POWER YOGA Discover how to increase your health and happiness with a fun, power yoga sequence suitable for all levels. Amber from Voodoo Yoga.	OVERCOMING CHILDREN'S FUSSY EATING Learn some of the reasons behinds the problem and gain helpful strategies. Bring the joy back to family meals and develop healthy family eating habits. Leanne Mitchell - Dietitian.
3:00 pm	SEATED MASSAGE AT HOME How to perform a quick seated massage at home. Jacqui Beutel – Gentle Hands Massage - Oncology & Lymphoedema Therapist.	MAKING STRESS YOUR FRIEND Understanding the four Fs of stress - Use your mind to trick your brain and body to bring more peace. Befriend stress to live life with purpose and resilience. Dr Rachel Hannam - Psychologist.
3:30pm	MINDFULNESS & SELF CARE FOR REDUCING STRESS AND ANXIETY Explore how mindfulness, breath-work and self-care can assist you to relax. This uplifting workshop offers tools to assist your emotional and physical health. Lisa Johnson – Engagement Psychology.	MEDITATION - SOLAR PLEXUS EMPOWERMENT Connection to yourself and your needs. Enjoying exploring how the use of breaths can assist to create a greater sense of well being. Megan Crossfield – Yoga Teacher.

*Workshops, Talks and Activities subject to change without notice.