



Nurses and Midwives Wellness Conference

Thursday 27 April 2017 | Melbourne Convention & Exhibition Centre
8 hours CPD

Agenda

- 7.30am Registration opens
- 8.20am **Special activity**
- 8.50am **Opening Address**
The Hon. Jill Hennessy, Minister for Health, Minister for Ambulance Services
- 9.05am **Introduction and welcome**
Glenn Taylor, CEO, Nursing and Midwifery Health Program Victoria (NMHPV)
Lisa Fitzpatrick, Australian Nursing and Midwifery Federation (Vic Branch)
- 9.20am **Discovering Resilience**
Hugh van Cuylenburg, Founding Director, The Resilience Project
- 10.50am Morning tea
- 11.30am **Introduction to mindfulness and meditation - looking after your mental wellbeing**
Kay Watts, Development Manager, Facilitator, Smiling Mind
- 12.30pm First State Super
- 12.35pm **Yoga**
Carolyn McDonald, NMHPV
- 1pm Lunch
- 1.50pm **A holistic view of nutrition**
Lola Berry, nutritionist, author
- 2.30pm **Panel discussion: Coping with stress from a nurses' perspective**
- 3.15pm **Triage!**
Zule Kahn, RN, writer, performing artist
- 3.45pm **Finding happiness and work/life balance**
Clare Bowditch, broadcaster, award winning songwriter, Logie-nominated actor, founder of Big Hearted Business
- 4.30pm Conference close