



Gippsland
Health Summit



good practice
good health inc.

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Let's Talk Health

1st Wednesday of the month

Bond Street Event Centre, Sale

7:00pm to 8:30pm

Tickets: \$10 at the door

Let's Talk Health events are Q&A conversations, designed for you to learn more about the topic, our local health care providers and the local health care system. Each conversation will be a mix of presentation with lots of time for audience questions & comment.

Date	Topic	Guest Speakers
Wednesday 7 November	Optimising your Health through lifestyle	<ul style="list-style-type: none">• Dr Noel Atherstone Anaesthetist and encourager of preventative health care.• Kirsten Mackintosh Nutritionist and Yoga Teacher from Swan Cove on Raymond Island
Wednesday 5 December	Women's Health	<ul style="list-style-type: none">• Kathy Lummis Physiotherapist Pilates Movement Studio• Claire Smith Pelvic Floor and Continence Physiotherapy, Breast care Physiotherapy, Sports Therapy. Calm and Connection Physiotherapy

Hosted by Sharee Johnson, Psychologist and
Founder of *Good Practice Good Health Inc.*

Find out more at www.gpgh.org.au