

Wellbeing Day

Wednesday 29 September 2010

10.00am - 2.00pm

Drop-in day for all!



JOIN & CHAT

in the FOYER

AEU INFO BOOTH: Join the union + free advice on workplace issues
with **Daniel Pereira, Sam Lisle-Menzel, Anne Beinke & Lynn Hall** | AEU Staff

SAFework SA: Worklife Balance with **Carolyn Porter**

ASK YOUR LEGAL QUESTIONS with **Deb Spizzo** | Lempriere Abbott McLeod Solicitors



EXPLORE | MINI SEMINARS

in ROOM 4

- 10.00 - 10.20** Harmful chemicals used in everyday skincare, and how they affect you
with **Cassandra Minchinberg** | Brooklan Tree
- 10.30 - 10.50** Financial Awareness and Wellbeing with **Judy Micallef** | ME Bank
- 11.00 - 11.20** Assault & violence against staff and cyber-bullying with **Andy Hall** | SAPOL
- 11.30 - 11.50** Natural fertility & natural menopause solutions with **Karen Martin** (naturopath) | Well2
- 12.00 - 12.20** Approaching retirement - Super made simple
with **Mitchell Kent & Bianca Owen-Cooper** | SuperSA
- 12.30 - 12.50** Polar Kids R Active health & fitness program
with **Leon Burckhardt** | Polar Kids R Active
- 1.00 - 1.20** Estate Planning - wills, powers of attorney, probate etc.
with **Deb Spizzo** | Lempriere Abbott McLeod Solicitors
- 1.30 - 1.50** The power of relaxation: practical demo - chi ball with **Monica Linford** | Wellness Warrior



COME 'N' TRY

on the LANDING

- 11.20 - 11.30** Alexander Technique Practical with **Chris Raff** | Alexander Technique



NOURISH

in ROOM 5

- 10.30 - 11.00** AEU Cooks with **Sam Lisle-Menzel** | AEU Chef extraordinaire
- 11.45 - 12.45** Slow Food - raw milk & cheeses with **Bruce Guerin & David Inverarity** | Slow Food SA
- 1.30 - 2.00** Wine tasting & appreciation with **Howard Spreadbury** | AEU Wine buff



EXPO - AWARE

in the MAIN HALL

[Information booths, displays and advice from health professionals, support organisations]

- Australian Red Cross Blood Service Wellness Warrior Well2 ME Bank SuperSA
- Chiropractors' Association CAASA Ltd Polar Kids R Active Urban Serenity
- Teachers Eye Care Teachers Health Fund Brooklan Tree Slow Food

[SOUP LUNCH provided]

@ the AEU: 163 Greenhill Road, Parkside



PROGRAM