You are invited to....

Workforce Well Being Day

Agenda

10:00 – 10:30  Registration, Welcome to Country

10:30 – 11:00  Kaye Hull
   Welcome

11:00 – 12:00  Dr. Sally Cockburn (Dr Feelgood)
   Building Resilience: It’s All About Balance

12:00 – 12:30  Jozette Dellmain & Justine Summers
   Managing Change

12:30 – 1:30   Lunch & Tai Chi with Judy Reid (RDGP)

1:30 – 2:30    Julianne Whyte - CEO, Amaranth Foundation
   Grief & Loss

2:30 – 3:00    Afternoon Tea

3:00 - 4:00    Natasha Laroo Intern Psychologist- RDGP
   Self-care Research & Strategies

4:00           Closure of the Day

Venue: The Rules Club, Wagga Wagga
Date: 8th of June 2011
Time: 10:00am – 4:00pm
RSVP: 30th May 2011
Email: cryanchapple@centacarewagga.org.au
Cost: $50 (early bird: 19th May 2011)
$60 Normal Cost (includes lunch & Refreshments)