

SASMA Symposium

Great Life, Better Choices

Goyder Pavilion Mezzanine,
Adelaide Showgrounds
Friday 23 September 2016



Disability, Ageing
and Lifestyle Expo
My Life, My Choice



SASMA

South Australian
Self Management Alliance

Empowering Consumers Through Collaboration

Great Life, Better Choices

9:00 am REGISTRATION DESK OPENS

9:30am
Goyder Pavilion
Jenny Hughes
Chief Executive, Catalyst Foundation

Opening Ceremony

Georgina Williams

Welcome to Country

Hon. Leesa Vlahos MP

Minister for Disabilities, Mental Health and Substance Abuse

Dr Duncan McFetridge MP

Shadow, Minister for Disabilities

10:10am
Mezzanine
Paul Stone
Catalyst Foundation

LGBTI – ‘But we treat everyone the same’

10:30am
Nereeda McInnes
The Nereeda Network

The Power of ABC

10:50am
Sally Warnes
Southern Services Reform Group
Stacey Pilmore
Community Passenger Network, City of Onkaparinga

Launch of Dementia and Driving films and resource

11:10am MORNING TEA Morning tea provided. Continuous tea and coffee available

11:30am
Mark Marston
Be Inspired Group

Values Driven Decision Making and Goal Setting

11:50am
Jenny Bennett and Vivienne Tomlinson
LEAP SA

‘It’s not my fault’, Responsibility for my choices

12:10pm
Lui Di Venuto
City of Onkaparinga

Wellbeing the Italian way

Great Life, Better Choices

12:30pm LUNCH Attendees to organise own lunch

1:10pm
WELLBEING WORKSHOPS (rotation)
This is an opportunity to experience practical ways to enhance your wellbeing

Break - out room 1

Enjoy some physical exercise with **Donna Preston** and **Jane Fountain**



Break - out room 2

Stretch your mind with **Ryan Se To** and **Dean Gaston**



Break - out room 3

Get creative with **Lotus Star** and **Nifty Entertainment**



3.00 Afternoon Tea Continuous tea and coffee available

3:10 CHANGE DAY

3.30 RAFFLE DRAW AND CLOSE

Notes Page



SASMA

South Australian
Self Management Alliance

Empowering Consumers Through Collaboration