

SASMA Symposium

Find Your Power – Look Within

South Australian Self Management Alliance

27 October 2017

Goyder Pavilion Mezzanine, Adelaide Showgrounds

10.30am-3.15pm (Registration from 10am)

Program

Time	Presenter	Title
10:00		Registration desk opens
		<i>When you have the power within...</i>
10:30	Mark Elliot	...you overcome adversity
11:00	Louise Nobes <i>KIK Coffee</i>	...anything is possible
11:30		Inspirational intermission
11:45	Brenda Oakey	...you just do it!
12:15	Sarah Hammond <i>Kids Arthritis</i>	...against All Odds
12:45		Lunch (not provided)
1:45		Wellbeing Workshops (rotation) This is an opportunity to experience practical ways to enhance your wellbeing and build your power within
		Break- out room 1 Power of the Mind Carol Buchanan: Move On Counselling
		Break- out room 2 Power of the Body ACH Group: Tai Chi
		Break- out room 3 Power of the Spirit Ann Harrington: Importance of Spirituality
2:50		'Yes I can'
3:00		Raffle draw and close



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