



FREE  
ONLINE (ZOOM)  
EVENT

# POSITIVE MENTAL HEALTH, POSITIVE AGEING

Putting research findings  
into daily practice

**Wednesday, 28 October 2020 | 10 to 11:30 am**

**Opening address by Michael Still**

Chairman, South Eastern Sydney Local Health District

**Guest Speaker: The Hon Dr Kay Patterson AO**

Age Discrimination Commissioner, Australian Human Rights Commission

*A century in the making: A 100-year life*

**Professor Maria Fiatarone Singh:** Geriatrician

*Positive Ageing through exercise*

**Professor Carmelle Peisah:** Old Age Psychiatrist

*Positive Ageing: being positive about your rights*

**Professor Henry Brodaty AO:** Old Age Psychiatrist

*Positive Ageing: mental health of older people*

**Gwen Korebrits:** CEO & Co-founder, Dance Health Alliance

*Join in the dance for healthy ageing*



Featuring the  
award winning performer

**Toni Lamond**

*Positive Ageing: My Story*



**Booking Essential**

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