



Personal, Family & Specialised Care



## RE-DEFINING HEALTH & WELL-BEING

### Your Body | Your Life

An interactive, 1-day presentation – Sunday 3 July 2016

What we consider and accept today as health and well-being is falling way short of what our experience of health and vitality can truly be. Amidst our escalating rates of illness and disease, relationship difficulties, stress, alcohol and drug abuse, domestic violence and suicide to name a few, we have forgotten what it means to be **TRULY WELL**.

Do we wake feeling refreshed and enthusiastic for the day ahead? Are our relationships rich and fulfilling? Do we burst with joy with the simplicities of life? Have we accepted ageing to mean a decline in our health and vitality when in fact this does not need to be so?

#### It is time to RE-DEFINE what it means to be vital and healthy

Inspired by Serge Benhayon, Universal Medicine and The Way of The Livingness Teachings, UniMed Brisbane invites you to an interactive, 1-day, practical presentation where together we will discuss what is currently considered, accepted and defined as health and well-being, while exploring the potential of what it can otherwise be.

The day will present an age-old, naturally-known approach, founded on the understanding that our relationship with our body and the way we live has a substantial impact on our health and well-being.

*In other words: the way we eat, sleep, work, walk, exercise, play, communicate and interact with each other impacts our vitality significantly.*

#### Your day will include:

- A line-up of highly acclaimed presenters from the health and well-being sector, sharing their personal and professional understanding and experience of what it means to be truly well and healthy
- A series of practical movement workshops providing you with take-home tools to support the application of what you have understood and learnt, and
- A 20-minute Sacred Esoteric Healing session during one of the breaks (bookings for these will be taken from 8.30am at registration – note numbers are limited).

<b>TIME:</b> 8:30am registration, start 9.00am – 4.00pm	<b>COST:</b> \$60 AUD
<b>WHEN:</b> Sunday 3 July 2016	<b>WHERE:</b> Indooroopilly Golf Club, Meiers Road, Indooroopilly, Brisbane
<b>BOOKINGS:</b> Events tab via our website <a href="http://www.unimedbrisbane.com">www.unimedbrisbane.com</a>	<b>ENQUIRIES:</b> <a href="mailto:events@unimedbrisbane.com">events@unimedbrisbane.com</a> or (07) 3844 3170

- To keep costs low this event is self-catered - please provide your own lunch and snacks. Water and herbal teas will be provided.
- A notepad and pen is recommended.



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135 Brougham Street, Fairfield | +61 7 3844 3170 | [www.unimedbrisbane.com](http://www.unimedbrisbane.com)



**SUSAN SCULLY** - Accountant and UniMed Brisbane Director

**9.00am - 9.30am Opening and welcome**

Susan Scully, accountant, business consultant, entrepreneur and Director of UniMed Brisbane will open this interactive day by sharing her own personal story of healing after significant illness, along with sharing the inspiration behind initiating bringing the Unimed Brisbane Clinic to the Brisbane and wider community.

Contact: susan@unimedbrisbane.com



**AMELIA STEPHENS** - Doctor / **ALANNAH FREER** - Dentist

**9.30am - 10.30am Medical and personal perspectives of health, disease and healing**

Mother and daughter, dynamic duo Dr Amelia Stephens (GP) and Dr Alannah Freer (dentist) will present their perspectives of health, disease and healing based on their lived experience. Both understand a 'whole person' approach is needed in order to understand and address the many illnesses and diseases faced by people today.

Contact: Amelia – drameliastephens@protonmail.com or Alannah - afreer88@bigpond.com



**KATE GREENAWAY** - Physiotherapist

**10.30am - 11.00am Body awareness and connective tissue exercises**

A physiotherapist for over 30 years, Kate's work combines gentle physiotherapy, Esoteric Connective Tissue Therapy, Esoteric Healing and Esoteric Massage. Treating clients with chronic pain and multi-symptomatic bodies has highlighted how important connective tissue is for a vital body. Kate will present some simple, practical exercises that support us to: restore our connection and joy in being in a body, regain flexible, elongated postures and naturally fluid movements, and improve the overall core strength and balance of our bodies.

Contact: kate@kategreenaway.com.au

**11.00am - 11.30am: Break 1 – Esoteric Healing Sessions – Group 1**



**JENNY ELLIS** - Complementary Health Practitioner

**STEFFEN MESSERSCHMIDT** - Natural and Nutritional Medicine, Muscular Skeletal Therapy and Esoteric Healing

**11.30am - 12.30pm Re-defining health and vitality**

Steffen and Jenny will redefine health and vitality – as a state of being that encompasses so much more than we have considered before now; and as a state of being we can continue to build as we get older, rather than see decline, as we have accepted currently as the norm. Jenny works tirelessly in her support of women and community, bringing a fresh perspective and approach to life that allows us to build true vitality, to enjoy richness in relationships and all areas of life. Steffen combines over 30 years of extensive experience across the medical, holistic sports medicine and natural medicine fields with a deep care and love for humanity.

Contact: Jenny jenny@jenny-ellis.com or Steffen steffen@total-health.com.au



**KARIN BECKER** - Sacred Movement and Esoteric Women's Health Practitioner

**12.30pm - 1.00pm Sacred Movement – practical movement bringing stillness to the body**

Sacred Movement is a very simple movement designed to release old patterns of holding back and therefore allows the body to come back to a natural flow and energetic expansion. Karin presents Sacred Movement groups locally, nationally and internationally and has a passion to support women and men of all ages to rediscover and to reconnect to the amazing person they truly are and have always been on the inside.

Contact: karin.harmony@gmail.com

**1.00pm - 2.00pm: Break 2 – Esoteric Healing Sessions – Group 2 and Group 3**



**TANYA CURTIS** - Mental Health Practitioner, Behaviour Specialist and Counsellor

**2.00pm - 3.00pm Emotions and their effects on the body**

Tanya has been working in the field of Mental, Emotional and Behavioural Health since 2002 and is a renowned presenter, author and Behaviour Specialist. Tanya knows our bodies experience physical symptoms that are commonly associated with medical or physical conditions, yet these same symptoms can be traced deeper to their roots in undealt-with emotional issues. Tanya will offer a practical presentation discussing the aftermath of stress, anxiety, sadness, grief, anger and other emotions on the body while offering a way of freeing ourselves from the emotional prison.

Contact: tanya@fabic.com.au



**BEVERLY CARTER** - Exercise Coach and Trainer

**3.00pm - 3.30pm True Movement – a practical application**

Bev is a Sydney-based exercise coach and trainer who shares simple ways of bringing true well-being into people's bodies and lives allowing them to shine from within. Beverly has embraced the healing modality of True Movement into her daily practice knowing that True Movement offers an opportunity to change unhealthy patterns of movement in the body by bringing forth its natural fluidity and grace.

Contact: bev@itstimetoshine.com.au

**3.30 - 4.00pm: Panel Q&A and closing**