



Gippsland  
Health Summit



good practice  
good health inc.

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# Let's Talk Health

## 1<sup>st</sup> Wednesday of the month

Bond Street Event Centre, Sale

7:00pm to 8:30pm

**Tickets: \$10 at the door**

*Let's Talk Health* events are Q&A conversations, designed for you to learn more about the topic, our local health care providers and the local health care system. Each conversation will be a mix of presentation with lots of time for audience questions & comment.

<i>Date</i>	<i>Topic</i>	<i>Guest Speakers</i>
<b>Wednesday 1 August</b>	<b>Anxiety</b>	<ul style="list-style-type: none"><li>• <b>Justine Anderson</b>, Psychologist Think Grow Connect</li></ul>
<b>Wednesday 5 September</b>	<b>Pain</b>	<ul style="list-style-type: none"><li>• <b>Dr Debra Smith</b>, Psychologist Debra Smith Psychology</li><li>• <b>Dr Sybille Dobber</b>, GP including acupuncture Sale Medical Group</li><li>• <b>Mr Hashim Najmi</b>, Physiotherapist Pilates Movement Sale</li></ul>
<b>Wednesday 3 October</b>	<b>Exercise</b>	<ul style="list-style-type: none"><li>• <b>Tom Wheeler</b>, Exercise Scientist ReActive</li><li>• <b>Kristie Solar</b>, Yoga and Pilates Teacher Yoga Space Gippsland</li><li>• <b>Julia Berger</b>, Physiotherapist Calm and Connection Physiotherapy</li></ul>

Hosted by Sharee Johnson, Psychologist and  
Founder of *Good Practice Good Health Inc.*

Find out more at [www.gpgh.org.au](http://www.gpgh.org.au)