



Gold Coast **PARKS**

Active & *healthy*

2010 Children's Health & Wellbeing Expo

Time	Location	Subject	Company	Performer
10am	Hall	Dance	Michele Crawshaw School of Performing Arts	Performance Group
10.05am	Hall	Reducing your risk of Skin Cancer	Cancer Council Qld Skin HQ – Southport	Dr. Neil Chorley MBBS. FRACGP. FRACSCM
10.30am	Hall	Coeliac Disease and the Gluten Free Diet <i>Is your child "out of sorts?" – Symptoms in undiagnosed infants and Children – and managing the Gluten Free Diet</i>	Coeliac Society	Joy Edwards
11am	Hall	Cheer leading display	Ikin Dance	Junior Titans Cheer Squad 8 to 13 years
11.15am	Hall	Drumming demo	Jumpin2Musik	Zac Byrnes 11 years
11.25am	Hall	Dance	Michele Crawshaw School of Performing Arts	Performance Group
11.30am	Life Ed Centre	The Amazing Army! <i>Kids Nutrition Show children activity for 4 to 7 years. This will be run concurrently with the speakers – allowing parents to attend the speakers as follows.</i>	Louise Elliot	Louise Elliott B.Science (HMS) Master Trainer
11.30am	Life Ed Centre	Healthy Mums! <i>How to overcome tiredness, hormonal balance and postnatal depression</i>	Natural Vibrant Health	Dr Valerie Cole MBBS Dip App Science (Nutritional Medicine)



Leaps & Bounds

Childrens Fitness Centre



Gold Coast City Council



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Time	Location	Subject	Company	Performer
11.50am	Life Ed Centre	<p>Sleep 4 Kids!</p> <p><i>Sleep is one of the most important requirements in early childhood development. Childrens who get enough sleep are less prone to sleepwalking, nightmares, behavioural problems and mood swings. In Association Dr Reza Samvat.</i></p>	Natural Vibrant Health	Dr Michelle Montgomery B.Sc. Anatomy. B.Sc. Biomedical Science. Doctorate Chiropractic (USA)
12.20pm	Life Ed Centre	<p>Release your Allergies and Sensitivities</p> <p><i>Reclaim your health - regardless of your age! Treat the cause and chance to win!!</i></p>	Natural Vibrant Health	A/Prof Howard Talbot. Dr..Ac. NA PhD Alternative Practioner, NAET Therapist
12.40pm	Life Ed Centre	<p>Separation Anxiety on Young Children – and how to deal with it.</p> <p><i>Learning to deal with separation is a normal part of life for every young child, but some navigate their way through the process more smoothly than others.</i></p>	Natural Vibrant Health	Dr Brian Drury PHD psychology
12.30pm	Hall	Belly dancing display followed by a workshop on the oval!	Blue Waters of the Nile	Suraya
12.40pm	Hall	Chemical Free Kids - How to raise healthy children in a toxic world	Dr. Sarah Lantz	Dr Sarah Lantz PhD. Lecturer, researcher, writer & mother
1pm to 3pm	Life Ed Centre	Come and join the team from Life Changing Docos for some great movies and cartoons!	Life Changing Docos	Movies for the kids
1pm	Hall	Cheerleading display	Ikin Dance	Senior Titans Cheerleading Squad
1.05pm	Hall	<p>An Introduction to Changing Behaviour for a Brighter Future</p> <p><i>This presentation focuses increasing people's understanding as to why challenging behaviour occurs.</i></p>	Fabic	Shannan Puckeridge Bachelor in Psychology with Honours.
1.40pm	Hall	Cooking display	Thermomix	Jeff Channer
2.40pm	Hall	Acrobatic Performance	Palm Beach Currumbin SHS	Tallis Piehler Breanna Raatz

