



# Nurses and Midwives Wellness Conference

Thursday 27 April 2017 | Melbourne Convention & Exhibition Centre  
8 hours CPD

## Program

- 7.30am Registration opens
- 8.30am **Special activity**
- 9am **Introduction and welcome**  
Glenn Taylor, CEO, Nursing and Midwifery Health Program Victoria (NMHPV)  
Lisa Fitzpatrick, Australian Nursing and Midwifery Federation (Vic Branch)
- 9.20am **Discovering Resilience**  
Hugh van Cuylenburg, Founding Director, The Resilience Project
- 10.50am Morning tea
- 11.30am **Introduction to mindfulness and meditation - Looking after your mental wellbeing**  
Kay Watts, Development Manager, Facilitator, Smiling Mind
- 12.30pm First State Super
- 12.35pm **Yoga**  
Carolyn McDonald, NMHPV
- 1pm Lunch
- 1.50pm **A holistic view of nutrition**  
Lola Berry, nutritionist, author
- 2.30pm **Panel discussion: Coping with stress from a nurses' perspective**
- 3.15pm **Triage!**  
Zule Kahn, RN, writer, performing artist
- 3.45pm **Finding happiness and work/life balance confirmed**  
Clare Bowditch, award winning songwriter, Logie-nominated actor, founder of Big Hearted Business
- 4.30pm Conference close