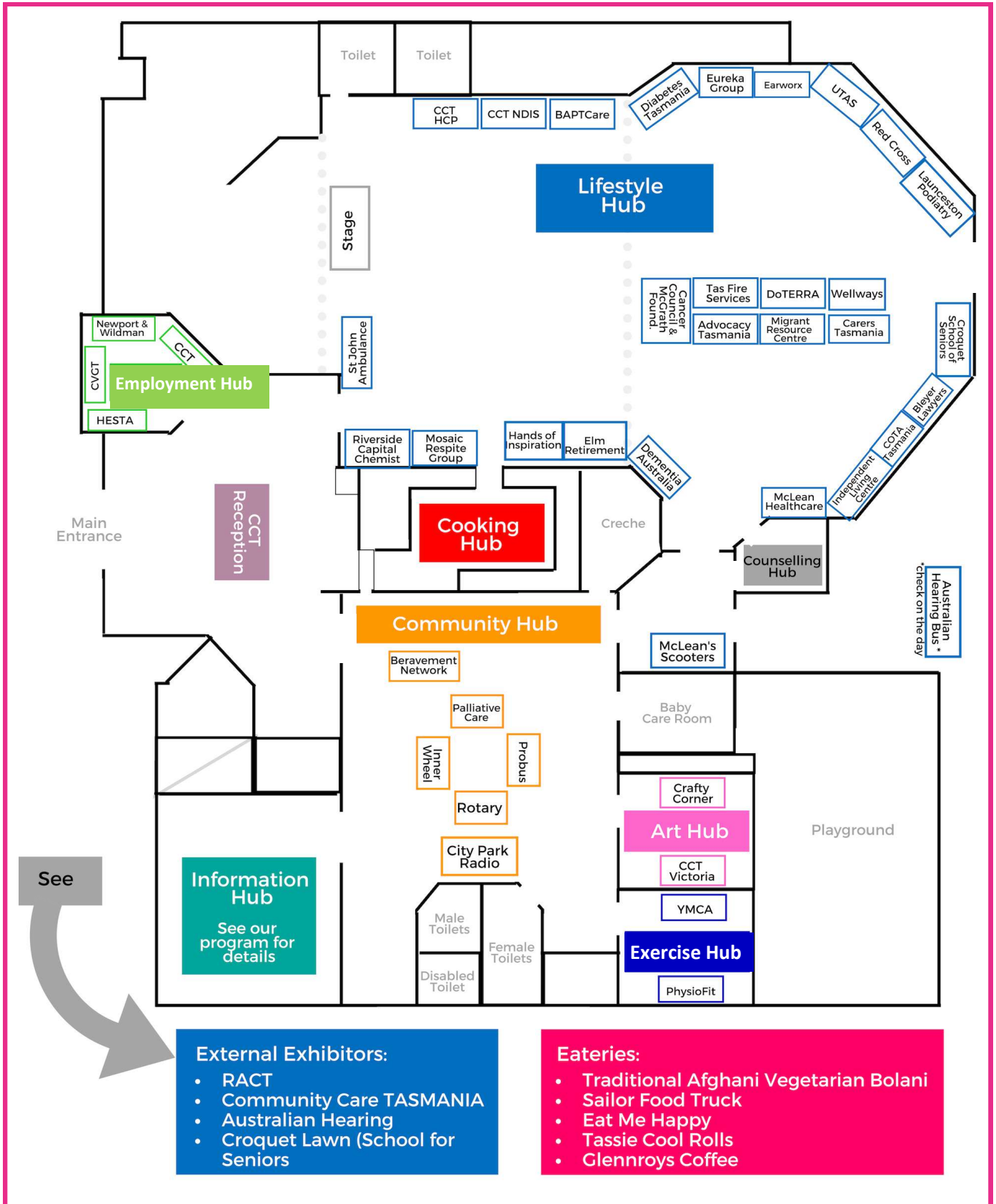




Live Well Live Longer Expo Punchbowl Christian Centre Venue plan



- External Exhibitors:**
- RACT
 - Community Care TASMANIA
 - Australian Hearing
 - Croquet Lawn (School for Seniors)

- Eateries:**
- Traditional Afghani Vegetarian Bolani
 - Sailor Food Truck
 - Eat Me Happy
 - Tassie Cool Rolls
 - Glennroys Coffee



Live Well Live Longer Expo Program Wednesday 17 April 2019 10am—3pm

Entertainment Program

All day: Be stirred by the **sound of the saxophone** played by **Peter Vandenberg**

10.45 – 11.00: Join YMCA's '**Hoop Love Coach**' **Kate** and discover hula hoops aren't just for hips

11.00 – 11.15: Be part of a **human orchestra**, conducted by **Victoria Wentworth Ware**

11.30 – 12.00: Listen to the **Ukuladies strum their stuff**

12.30 – 1.00: Take part in an active armchair exercise with **Sabrina from Physiofit**

1.00 – 1.15: Be part of a **human orchestra**, conducted by **Victoria Wentworth Ware**

1.30 – 1.45: Join YMCA's '**Hoop Love Coach**' **Kate** and discover hula hoops aren't just for hips

1.45 – 2.15: Take part in an active armchair exercise with **Sabrina from Physiofit**

Information Hub Program

10.15 – 10.30: **NDIS Services with Community Care TASMANIA Explained**

10.30 – 11.00: '**Aged Care: What are your options and what will it cost?**' **Emily Dent, Elm Retirement**

11.00 – 12.00: '**Creating Dementia Friendly Communities**', **Pat Baines, Dementia Australia**

12.00 – 12.30: **Preventative Cancer Checks: How national cancer screening programs could save your life**, **Ella French, Cancer Prevention Project Officer, Cancer Council, & Mary Sweeney, McGrath Breast Care Foundation**

12.30 – 1.00: **Aged Care Services with Community Care TASMANIA Explained**

1.00 – 1.30: **What did you say? Hearing loss and what that means for everyone**, **Em Sant, Community Hearing Advisor, Australian Hearing**

1.30 – 2.00: '**Project Wake Up**', **Suzette Harrison, Community Development Officer, The Tasmania Fire Service**

2.00 – 2.30: '**Aged Care: What are your options and what will it cost?**' **Emily Dent, Elm Retirement**

Cooking Hub Program

10.00 – 10.45: **Baking biscotti- Italian almond biscuits** - with Community Care TASMANIA client **Antonietta Bolzonello**, an expert Italian biscuit

10.45 – 11.45: **Chickpea Cookery: quick & easy shortcuts with All Food Coaching's Alison Gandy:** Prepare from scratch DIY hommus made 3 ways in under 5 minutes

11.45 – 1.00: **Cooking demonstrations with the three ladies featured in the Four Roses Flour ad:** **Lexie Young, Sandra Atkins & Jan Atkins**

1.00 – 2.00: **Loving Leftovers: dishes from scratch with All Food Coaching's Alison Gandy**, who will also show you ideas on storing & rotating foods to avoid waste

2.00 – 3.00: **Treats from Cafe Next Door**, helping people with disability access hospitality training and to gain independent or workplace skills