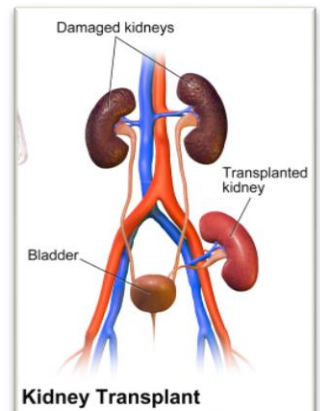




**You are cordially invited to attend the
2018 UCRH Exercise Physiology Symposium**
**A continuing professional development education day specifically for
Accredited Exercise Physiologists.**

- **When:** Monday November 5th 2018, 9am – 5pm
- **Where:** University Centre for Rural Health
61 Uralba St Lismore
- **Key presentations (speaker details next page):**
 - ✓ Resistance training in chronic kidney disease and transplantation medicine
 - ✓ Hydrotherapy and how to make the most of rehabilitation from water to land -a study of Traumatic Injuries.
 - ✓ Exercise Physiology, osteoporosis and the re-fracture prevention clinic
 - ✓ Making the most of pregnancy
 - ✓ Postnatal considerations for return to exercise (Prolapse & DRAM)
 - ✓ Setting the record straight on exercise for osteoporosis
 - ✓ AEPs - Who are we and what are we Doing? – Practical networking session
 - ✓ Providing safe exercise interventions for people with eating disorders
- **Who should attend?** Accredited Exercise Physiologists. Student clinicians also welcome.
- **Registrations essential! Register through this link:**
<https://sydney.OneStopSecure.com/onestopweb/UCRH13>
- **Costs:**
 - Qualified AEPs \$44.00 (including GST)
 - Student clinicians \$22.00 (including GST)
- **More information:** larisa.barnes@sydney.edu.au



**ESSA has confirmed that ESSA members can claim
6.5 points for full attendance at the Symposium**



Speakers - Exercise Physiology Symposium 2018

- **Dr Bobby Cheema (Western Sydney University) AEP,** *Resistance training in chronic kidney disease and transplantation medicine*
- **Professor Belinda Beck (The Bone Clinic, Coorparoo, QLD and School of Allied Health Sciences, Menzies Health Institute Queensland, Griffith University) AEP,** *Setting the record straight on exercise for osteoporosis*
- **Mr Craig Knox, (Fracture Liaison Coordinator, Osteoporosis Re-fracture Prevention Program. NNSW LHD), Physiotherapist, Exercise Physiology and Osteoporosis - introduction**
- **Ms Nellie Buckley, (Southern Cross University) AEP,** *Making the most of pregnancy*
- **Ms Esme Soan, (Pear Exercise Physiology: Pregnancy & Women's Health) AEP,** *Postnatal considerations for return to exercise*
- **Ms Marian Pentecost, (Hydro-Rehab and Jullums AMS) AEP,** *Hydrotherapy and how to make the most of rehabilitation from water to land - a study of Traumatic Injuries*
- **Ms Kylie Everman (NNSW LHD) AEP,** *AEPs - Who are we and what are we Doing?*
- **Ms Alanah Dobinson (Private Practice) AEP,** *Providing safe exercise interventions for people with eating disorders*

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