

Health & Wellness Festival for Seniors

at Minkara
Retirement Resort
10 Minkara Rd
Bayview
(next to Mona Vale)

Saturday
22nd April
10am – 3pm

**FREE
EVENT ALL
WELCOME**

Discover the latest natural
anti-ageing information
with **Dr Michael Elstein**
Australia's foremost
anti-ageing expert

Come along & enjoy
music, food & **FREE** samples
from over 50 healthy exhibits!

Free parking & a shuttle bus
service from car to the exhibition

More information:
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Ph:1800 555 876
www.midasword.com.au

MW
MidasWord



Minkara

RETIREMENT RESORT

THE Manly Daily



VISITOR INFORMATION GUIDE

Where:

Minkara Retirement Resort
10 Minkara Rd
Bayview (*Sydney's Northern Beaches*
next to Mona Vale.)

How to get there by car:

Coming from the south/city travel along *Mona Vale Rd* then turn left into *Lane Cove Rd*, then next left into *Walter Rd*, right into *Cabbage Tree Rd* then left into **Minkara Rd**.

Coming from the *Manly* direction travel along *Pittwater Rd*, bear left at ramp into *Mona Vale Rd*, then right at the roundabout into *Samuel St*, then left into *Cabbage Tree Rd* & right into **Minkara Rd**.

Free Parking & Shuttle Bus Service:

Limited parking is available on the street outside Minkara & further street parking is available in *Walter St*, where you will be met by a shuttle bus for the trip to the exhibition hall. Parking attendants will be on hand for safety & security.

Bus Services:

State Transit bus **L85** departs *Central station* **8.45am**, picking up passengers through *Cremorne, Spit Junction, Manly Vale, Warringah Mall, Dee Why, Collaroy Shops* & then arrives at *Pittwater RSL* approx **9.45am** – where it will be met by a free Minkara shuttle bus service. A second **L85** transfer from *Pittwater RSL* will meet the **11.15am** arriving bus occurring at around **12.15pm**. Our shuttle bus will wait for the arrival of the scheduled L85 service. Departure by shuttle bus & returning L85 service can be organised with our transport officer on your arrival.

Eftpos facility:

An Eftpos facility will be available at the Midas Word *Stand No 1* on the day for cash withdrawals.

Disabled Access:

All areas of the exhibition have wheelchair access.

Acknowledgements:

Graphic Design: *Mark Kilroy*
Publicity: *Suzy Barry* of Midas Word
Festival Director: *Sudha Hamilton*
Transport/Operations: *Andrew Paterson*
Master of Ceremonies: *Stewart Dawes*

Volunteers:

If you would like to share in the healthy energy of the day, we require some volunteers

Call 1800 555 876 😊

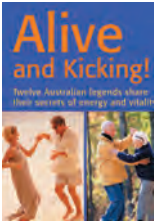
WIN FABULOUS DOOR PRIZES ON THE DAY



For more information on Minkara contact
Sylvia Miller on Ph 02 9979 6217
minksales@fkp.com.au
web: www.fkp.com.au/retirement



Doctor Michael Elstein is the clinical director of the first Anti-Aging program to be instituted in Sydney, Australia and is a Fellow of the American Academy of Anti-Aging Medicine. He has a regular Wednesday column in The Daily Telegraph, called "*What's the alternative,*" which provides expert opinion on health issues. He has written, *Eternal Health*, the comprehensive guide to Anti-Ageing medicine for the new millennium. He will be speaking on Anti-ageing.



Carol O'Halloran is an author and Sydney-based fitness expert renowned throughout Australia and New Zealand. *Alive & Kicking*, her new book, insightfully deals with the concept of ageing and its different meanings to different people. Remarkable Australians such as celebrated author Bryce Courtenay, Colleen Wilson-Lord, June Dally-Watkins, Roger Climpson, Nancy Bird-Walton and former Lord Mayor of Sydney Jeremy Bingham all generously share grains of wisdom collected from their incredible lives. Carol will be presenting selected stories from her inspirational book & is available for book signings.



Robert Kirby is an international speaker and one of the world's most inspirational human potential teachers (**BS, MBA, Dip, Ad Dip**). Robert Kirby has trained thousands of people in the United States, Australia and Europe and has devoted 25 years of experiential research into an evolutionary process (*Heart Energetics*) that produces powerful and permanent change in anyone willing to confront their personal patterns. He is presenting an introduction to **BODYMIND EXERCISE™** class.



Françoise Nicoloff, has brought *The Tomatis Listening* program to Australia. A therapy designed by Dr Alfred Tomatis that has transformed the lives and careers of **Maria Callas & Gerard Depardieu** to name but two great performers. Françoise Nicoloff has helped children and adults with learning difficulties, communication skills and relationships problems. In this presentation she introduces the key concepts behind the Tomatis Method & shows how what you hear defines who you are.



Ian White, founder of the Australian Bush Flower Essences and fifth generation Herbalist, will discuss the healing power of his remedies which are all made from native plants. The talk will include the newest research and insights on how to achieve emotional well-being through the use of the Essences.

Main Stage Program Schedule

- 10am Welcome to Health & Wellness at Minkara with MC Stewart Dawes.
- 10.30am Sydney Chamber Orchestra String Quartet performs
Mozart Serenade, Pachelbel's Canon, The Flower Duet by Delibes, Bach Brandenburg Concerto, Vivaldi's Four Seasons, Boccherini Minuet, Selections from Gershwin
- 11.30am Robert Kirby Director of Heart Energetics introduces the "*BODYMIND EXERCISE™ class*"
- 12.10pm Francoise Nicoloff from the Australian Tomatis Method presents
"Hear your way to better health."
- 12.30pm Ian White from Bush Biotherapies presents- *"The Healing Power of the Australian Bush."*
- 1.10pm Brad McEwen Naturopath & author presents *"Fighting Fatigue in Older Australians"*.
- 1.30pm Carol O'Halloran author of *Alive & Kicking* shares *"The secrets to vitality of Bryce Courtenay, June Dally Watkins & ten other prominent older Australians."*
- 2.10pm Dr Tim Carr MBBS presents *"The Consciousness-Based Approach to Health and Longevity"*
- 2.30pm Dr Michael Elstein presents *"Anti-Ageing in the New Millennium."*
Dr Elstein says, *"The medical industry is a sickness industry. Discover how you can optimise your health, energy and vitality and beat the diseases of ageing such as Alzheimer's disease, heart disease, cancer and even slow down the ageing process."*

Yoga Demonstration Area

- 10.30am Yoga In Daily Life present *Dynamic Postures* – feel energised & alert.
- 11am Discover Dru Yoga
- 12noon Yoga In Daily Life present *Neck & Shoulder* – tension release
- 12.30 Dru Yoga present *Stress Release Movements*.
- 1pm Yoga In Daily Life present *Back Care* – for a flexible spine.
- 1.30pm *Vitality Booster* – Agni Sarav
- 2pm Yoga In Daily Life present *Abdomen & Digestion* stimulation.
- 2.30pm Dru Yoga present *The Immortality Sequence*

Presentation Room 2.

- 11am Yolanda Morabito presents
"The Importance of Meditation & Stilling the Mind."
- 12am Anne Matheson presents
"An Introduction to the Tiers of Emotion"
- 1pm Loretta Marchesi presents
"The Health Benefits of the Mangosteen Fruit."
- 2pm Maggie Webber presents
"Turning Back the Clock".