

FLIP THE SCRIPT™

RUN OF DAY

An initiative of PALS



A wellbeing retreat for health professionals

SATURDAY 10 OCTOBER · CURRUMBIN SURF LIFE SAVING CLUB — VIKA

5:30AM

Registration at VIKA Events

Grab a name tag, a coffee/tea and water, complete the Mentimeter wellbeing check-in, then head to the beach.

6:00 - 6:45AM

Park run or walk

Brought to you by City of Gold Coast, Healthy & Active.

6:45 - 7:00AM

Solitude / break

Optional swim.

7:00 - 7:45AM

Silent disco

Brought to you by City of Gold Coast, Healthy & Active.

7:45 - 8:00AM

Solitude / break

Optional swim.

8:00 - 8:30AM

Beach yoga & breathwork

CPD ACCREDITED SESSION

Delivered by Ian Cariaga (Ian Guruji), a well-known, long-time Australian yoga and meditation instructor based on the Gold Coast, Queensland. Ian frequently leads specialised community and wellness sessions, including sunrise yoga and meditation classes for Highgarden Estate at Mount Tamborine and outdoor community yoga events for the Home of the Arts (HOTA) Outdoor Stage. Brought to you by City of Gold Coast, Healthy & Active.

8:30 - 9:00AM

Breakkie, Welcome to Country & housekeeping

Settle in, eat well and get across how the day runs.

9:00 - 9:30AM

Mini education: Social Prescribing 101

CPD ACCREDITED SESSION

An overview with Professor JR Baker — ASPIRE Chair (Australian Social Prescribing Institute of Research and Education) and CEO, Primary and Community Care Services (PCCS).

9:30 - 10:15AM

Art activity

Brought to you by Everybody Now.

10:15 - 11:00AM**Morning chill time**

Connection and networking time with live music.

11:00 - 11:30AM**Mini education: Social isolation & loneliness****CPD ACCREDITED SESSION**

The scientific basis, with psychiatrist Chris Stapelberg — previous roles: Professor for Mental Health at Bond University, Lead for Mental Health Research at Gold Coast Hospital, and Head of Innovation, Evaluation and Research for Adults at Gold Coast Mental Health and Specialist Services.

11:30 - 12:15PM**Dance performance & mini interactive choreography dance**

With Sid Mathur. Sid is an Australian multi-disciplinary entertainment specialist — previous gigs include dancing alongside Guy Sebastian to open for Taylor Swift, movement consulting for Thor: Ragnarok, and performing at Buckingham Palace for the Commonwealth Games Queen's Baton Relay. Brought to you by Everybody Now.

12:15 - 1:15PM**Mindful lunch**

Sound bowls and gong brought to you by City of Gold Coast, Healthy & Active, followed by 30 minutes of beach, lawn and free time.

1:15 - 1:45PM**Mini education: Bringing social prescribing into practice****CPD ACCREDITED SESSION**

An interactive session with Jenny Kirschner (BPharm, founder of PALS) and Dr Kuljit Singh (Chair, RACGP Social Prescribing Specific Interests Group).

1:45 - 2:15PM**Wind down with yoga nidra**

Brought to you by City of Gold Coast, Healthy & Active.

2:15 - 3:00PM**Wrap up & group photo**

Bring the day together before we head off.

FREE — VALUED AT OVER A\$800

For Gold Coast healthcare professionals. Places are limited.

REGISTER: events.humanitix.com/flip-the-script-ysxm4bxt

Currumbin Surf Life Saving Club — VIKA · Saturday 10 October · 5:30am – 3:00pm

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