

ELIA Wellness Summit 24-26 May 2024 @ Mantra Legend

Friday 24 May 2024 – Day Program		
9:00am	Registration and Booths (till 1:30pm)	
10:00am	Pre-Conference Workshop 1	
Room 1	De-Stress and Thrive	Dr Geraldine Przybylko
Room 2	Enhance Your Gut Health Facilitator Training	Dr Christiana Leimena-Lehn
11.15am	Pre-conference Workshop 2	
Room 1	Empowered and Purposeful Living	Dr Geraldine Przybylko
Room 2	Enhance Your Gut Health	Dr Christiana Leimena-Lehn
12:30pm	Lunch	
1:30pm	Welcome	Prof Darren Morton
	Mastering Behavioural Change	Simon Mathews
	The Key to Lifestyle Change and Transforming Lives	Erin Keegan
	Taming the Flame	Carrun Squires
	Cancer & Nutrition	Jane Freeman
	Announcements	Prof Darren Morton
3:30pm	Free Time & Networking	

Friday 24 May 2024 – Evening Program		
5:30pm	Booths open until 7:00pm	
7:00pm	Welcome	Dr Darren Morton & Dr Geraldine Przybylko
	Opening Message	Pr Glenn Townend
	The Journey	Dr Geraldine Przybylko
	ELIA Fitness - Move & Stretch	Todd Brodie
	The Perils of Too Much Protein	Dr Sue Radd
	Panel Discussion <ul style="list-style-type: none"> - Pr Glenn Townend - Dr Geraldine Przybylko - Dr Sue Radd 	Prof Darren Morton
9:00pm	Close	

Saturday 25 May 2024 – Day Program		
8:00am	Doors open and day ticket registration	
9:00am	Welcome	Prof Darren Morton
	Homocysteine, B vitamins and Cognition	Dr Winsome Abbott
	The Future of Health	Dr Geraldine Przybylko
	Gosford ELIA Wellness Hub	Helen Andrews
	A New You ELIA Wellness Hub	Dr Christiana Leimena-Lehn
	Manna Haven	Bryce Wegener
	Wahroonga ELIA Wellness Hub	Todd Brodie
	Papakura ELIA Wellness Hub	Kim Stirling
	10,000 Toes Campaign	Pamela Townsend & George Kwong
	Health Discussion Panel Dr Geraldine Przybylko, Dr Winsome Abbott, Todd Brodie, Bryce Wegener, Kim Stirling, Dr Christiana Leimena-Lehn	Prof Darren Morton Announcement of Fellowship to Australasian of Society of Lifestyle Medicine
11:20am	Break & Networking	
11:35am	Music and Offering	Dr Marcha Williams with Dr Darren & Dr Geraldine
	Is the Future of Health Sustainable?	Dr Daryl Cheng
12:30pm	Lunch	
2:00pm	Welcome	Dr Geraldine Przybylko (MC)
	Mental Health & Christianity - Can they co- exist?	Dr Marcha William
	Pain Management & Lifestyle	Dr Anthony Espinet
	The 7 th Pillar	Prof Darren Morton
3:25pm	Break and Networking	
3:40pm	ELIA Fitness – Move & Stretch	
	Artificial Intelligence & Health	Jared Madden
	Group Discussion	Dr Geraldine Przybylko
	Healing Ministry of Jesus	Pr Greg Pratt
	Closing remarks	Dr Darren & Dr Geraldine
5:00pm	Networking & Expo Booths open until 6:00pm	

Sunday 26 March 2023 – Day Program		
8:00am	Day ticket registration, Expo Hall Booths open until 9:00am	
9:00 am	Welcome	Prof Darren Morton (MC)
	Mental Health Game-Changer	Dr Geraldine Przybylko
	Type 2 Diabetes. Is it Sugar or Something Else?	Dr Lillian Kent
	Enhancing Mitochondria for Heart Health	Dr Christiana Leimena
	ELIA Fitness – Move & Stretch	Todd Brodie
	Gut Microbiome and Health	Dr Andrea Matthews
	Power of Lifestyle for Autoimmune Diseases	Dr Andrew Pennington
10:50am	Break & Networking	
11:05am	The Death of Lifestyle Medicine	Simon Barden
	Lifestyle Medicine at Scale: Changing Lives, Every Day, through Whole Person-Health	Cathy Mc Donald
	Becoming a Missional Entrepreneur	Julian Archer
	Panel Discussion – The Business of Lifestyle Medicine <ul style="list-style-type: none"> - What are the opportunities for Lifestyle Medicine? - What’s working and what’s not? 	Prof Darren Morton Dr Geraldine Przybylko Dr Andrew Pennington Cathy McDonald Todd Brodie Simon Barden Julian Archer Kim Stirling
	The Challenge	Dr Geraldine Przybylko
12:50pm	Closing Remarks	Prof Darren Morton & Dr Geraldine Przybylko