



Healthy Living Stage

QUT Health Clinics

Saturday 1st JUNE

TIME	PRESENTER	TOPIC
10:45am	Desi Carlos and Lisa Peterson Two Greek Girls	How To Get What Every Woman Desires - Learn To Get Weight Off, Keep It Off, Look Good, Feel Great, Live Longer (Cooking Demonstration)
11:30am	Dr Vanessa Spiller QUT Health Clinics	Skills In Slow: The Art of Mindfulness
12:30pm	Valerie & Courtney Ferdinands My Kitchen Rules	Valerie & Courtney Spice Up Healthy! (Cooking Demonstration)
1:15pm	Lisa Curry Happy Healthy You	Navigate Your Way Through Menopause
2:00pm	Sandy Sanderson Elektra Magnesium	Magnesium: The Anti-Aging Mineral

Sunday 2nd JUNE

TIME	PRESENTER	TOPIC
10:15am	Toni Miller ARIIX	Your Skin - A Reflection Of Your Inner Health
10:45am	Desi Carlos and Lisa Peterson Two Greek Girls	How To Get What Every Woman Desires - Learn To Get Weight Off, Keep It Off, Look Good, Feel Great, Live Longer (Cooking Demonstration)
11:30am	Sandy Sanderson Elektra Magnesium	Soothe Menopause Symptoms With Magnesium
12:30pm	Valerie & Courtney Ferdinands My Kitchen Rules	Valerie & Courtney Spice Up Healthy! (Cooking Demonstration)
1:15pm	Lisa Curry Happy Healthy You	How The Teenage Years Affect Your Future
2:00pm	Emily Gill QUT Health Clinics	Love Your Food, Love Your Body