

# Better Living With Your Lung Disease Education Seminar 2018

## Brisbane South



**Lung  
Foundation  
Australia**

*when you can't breathe... nothing else matters®*

**Date** Wednesday 21st February.

**Time** 9.45am - 2.00pm.

**Location** Mt Gravatt Bowls Club,  
1873 Logan Rd,  
Upper Mount Gravatt.

**Cost** \$15 for morning sessions  
(includes morning tea).  
  
\$20 for all sessions (includes  
morning tea and lunch).  
  
Discounts of up to 30%  
apply for Love Your Lungs  
Members.

**RSVP** Wednesday, 14th February  
Please call **1800 654 301**.

**Parking** Available free onsite.

**Notes** The room is air conditioned and may be cool.  
Please bring pen and paper if you wish to  
write notes.  
Please let us know any special dietary  
requirements.

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## **PROGRAM**

**9.45am** Registrations, tradestands viewing and morning tea.

**10.35am** Welcome from Lung Foundation Australia

**10.40am** **Breathing through activity:**  
Janine Hoult, Occupational Therapist at Inlifertherapy, will discuss tips and skills to help you simplify tasks, conserve energy, and aid in recovery. The strategies you learn will assist in independent living with a chronic lung disease.

**11.25am** Tradestand viewing

**11.45am** **Living well with lung disease**  
Jennifer Ellis, Naturopath and complementary health practitioner with 30 years' experience in private practice will talk about the significance of self-care in supporting yourself to live well with chronic lung disease. With a long history of working alongside medicine she will share insights, understanding and practical take-home tools to support in everyday life.

**12.30pm** End of morning session.  
Lunch for remaining attendees.

**1:00pm** **Special Interest:**  
**The changing face of lung cancer:**  
Claire Mulvihill, Lung Cancer Support Nurse at Lung Foundation Australia will discuss Lung cancer and the recent advancements in treatment including immunotherapy and targeted therapies. She will also outline the improvement in older approaches that have been revised and renewed for patients.

**2:00pm** Thank you and close.

