



Wellbeing Series 2012

These information sessions are open to anyone with an interest in mental health.

Date	Title	Presenter
Tuesday 7 February	Brain Power and How to Maintain your Brain	Professor Don Jefferys, Clinical and Counselling Psychologist
Tuesday 6 March	Mental Health at Work – creating mentally healthy, resilient and supportive workplaces – a lived experience	Ingrid Ozols, Founder and Managing Director of mh@work, Mental Health at Work
Tuesday 3 April	An Ayurvedic Perspective on Mental Health	Philippa Street, Ayurvedic Lifestyle Consultant, Ayurveda Health & Happiness
Tuesday 1 May	Mental Health Literacy: Empowering the community to take action for better mental health	Professor Tony Jorm, Orygen Youth Health Research Centre
Tuesday 5 June	Gender Sexuality and Wellbeing	Vikki Sinnott, Psychologist
Tuesday 3 July)	
Tuesday 7 August) <i>To be advised</i>	
Tuesday 4 September)	
Tuesday 2 October)	
Tuesday 13 November)	

All sessions are held 7.00pm to 9.00pm
 at Southern Community Church of Christ, 2-12 Chesterville Road, Cheltenham
 Entry via Pine Street (left hand side). Melways Ref 86 J1

Gold coin donation please.

Please register with Reception
 on 9093 5977 or email reception@lantern.org.au