

An 8 Week Program find the best path to a
healthier and happier you. Wednesdays weekly
860 Melbourne Road, Sorrento, 3943
Starting : 21st April 2021



Health, Happiness and Healing Program



Dr Natalie de Morton
Physiotherapist

Natalie's interest and expertise is in exercise for older people, healthy and those with acute and chronic health conditions.

She graduated as a physiotherapist in 1998, completing her Bachelor of Physiotherapy (Honours) at La Trobe University. She has more than 20 years of extensive clinical experience across hospital and community settings in Australia and overseas.

She completed her Research Honours thesis on measuring lower limb muscle strength and later went on to complete her PhD in 2007 at Monash University on measuring mobility and the effects of exercise for older people.

She was the clinical head at the Peter McCallum Cancer Centre before moving to the Peninsula with her husband, shortly after the birth of the first of three children nine years ago. In her role there she designed exercise programs for people with cancer and cancer survivors. Natalie's daughter currently attends Sorrento Early Learning Centre.

Exercise class followed by refreshments and a chance to learn more.
Following your individualised program, **Dr Natalie de Morton** includes an overview of what you will do for the next 8 weeks, about healthy ageing exercise and followed by refreshments and a chance to chat and get to know others in your group.

Week 1:

1:1 Private Consultation with Dr Natalie De Morton
Date:
Time:
Where: Consulting Room, Sorrento Community Centre
860 Melbourne Rd, Sorrento
What to wear: Comfortable clothes and runners

Step 1 : Understanding Your Needs - Designing your Holistic Individualised Program

Week 2:

Exercise class for 30mins followed by refreshments. We will learn from **Tammy Shields** a Nutritionist & Wellness Coach, and how to integrate simple daily food habits into your current lifestyle.

Week 3:

Exercise class for 30mins followed by refreshments. **Warwick Beard** will share some quick creative cooking tips on preparing comfort food that is delicious and nutritious.

Exercise class for 30mins followed by refreshments. **Bec Morrison** will explain how yoga, basic breathing technique and gentle movement can support your body and overall well being.

Week 5:

Exercise class for 30mins followed by refreshments. **Michelle Fortuna** will show you how a seated guided meditation can help you to feel more relaxed, less worried and reduce anxiety so that you gain a sense of calm and peace in your life.

Week 4:

Week 6:

Exercise class for 30mins followed by refreshments. **Cherelle Almarker** our in-house Naturopath will help you to understand how specific nutritional needs and content can help individual health conditions and requirements.

Week 7:

Exercise class for 30mins followed by refreshments. **Andrea Galgoczi-Kratochvil** will introduce you to Chinese Medicine and how it “marries” with your everyday routine.

Your final review of your progress over the past weeks. Time to enjoy refreshments with others and how dedicating time to yourself has helped shape your health and wellbeing.

You may wish to plan your "next steps".

Week 8:

Thanks to our facilitators for offering their time and dedication to you find the best path to a healthier and happier you.

Meet Your Facilitators:

- Dr Natalie de Morton
- Tammy Shiels - In a Pink Fit
- Warwick Beard - Wazza's Kitchen
- Michelle Fortuna - Intuitive Mentor
- Bec Morrison - Bec Morrison Yoga
- Cherelle Almaker - Capri Retreat Naturopathic Clinic
- Andrea Galgoczi-Kratochvil - Chinese Medicine