

## Registration Form

### *Sarcopenia in Older Age, Chronic Disease and Obesity: Implications for Healthcare*

Title:.....

Family name:.....

First name:.....  
(as you wish it to appear on your name badge)

Organisation:.....

Position:.....

Postal address:.....

.....

State:.....Postcode:.....

Telephone: .....

E-mail: .....

#### **Please send payment & registration form to:**

NSA Inc  
PO Box 949  
KENT TOWN, SA, 5071

Phone: 08 8363 1307

Fax: 08 8363 1604

E-mail: nsa@fconventions.com.au

NB: All registrations will be acknowledged in writing. If you do not receive a written acknowledgement within 14 days of despatch of your form, please contact the Secretariat to ensure that your details and payment have been received.

## Registration Form

### *Sarcopenia in Older Age, Chronic Disease and Obesity: Implications for Healthcare*

Costs: \$125 (incl GST) – Seminar only;  
\$95 if registering for NSA Annual Scientific Meeting;  
\$99 if student; \$75 if student & NSA Meeting

Please tick the appropriate box:

**Option A – I enclose a cheque made payable to 'Nutrition Society of Australia'.**

Note- Cheques must be in Australian Dollars

**Option B – I have sent my payment via Electronic Funds Transfer to:**

Bank: Commonwealth Bank, University of WA,  
Nedlands  
BSB: 066 155  
Account number: 1008 4364  
Account Name: Nutrition Society of Australia Inc

Name of your bank:.....

Date of transfer:.....

Amount transferred:.....

Please ensure that the name for whom the payment is being made is stated on the transfer details.

**Option C – Please charge my credit card**

Credit Card: Visa  Mastercard

Credit Card Number:

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Cardholder's Name:.....

Expiry date:.....

You're invited to attend a  
Satellite Symposium of the  
**2009 Nutrition Society of  
Australia Annual Scientific  
Meeting on:**

## ***Sarcopenia in Older Age, Chronic Disease and Obesity: Implications for Healthcare***

**Monday, December 7<sup>th</sup> 2009**

**Venue: Conservatorium  
Concert Hall  
Auckland St  
Newcastle**

**Time: 9.00am – 4:30pm**

**Session Topics:** See overleaf

**Cost: \$125 (inc GST)**

(Includes morning tea, lunch, afternoon tea, certificate of attendance if required)



**THE NUTRITION SOCIETY  
OF AUSTRALIA (INC.)**

## Speakers

**Dr Nigel Lyons**  
Chief Executive

Hunter New England Area Health Service

**Ms Bettina Arndt**

Author, Journalist and Social Commentator

**Professor Rob Newton**

Director, Vario Institute,  
Edith Cowan University, WA

**Professor Ron Plotnikoff**

Professor of Physical Activity and Population  
Health Education, The University of Newcastle

**Professor Mary Galea**

Dept of Physiotherapy, University of Melbourne and  
The Austin Hospital, Melbourne

**A/Prof Clare Collins**

Nutrition and Dietetics  
The University of Newcastle

**Dr Cathy Sherrington**

Senior Research Fellow, The George Institute for  
International Health,  
The University of Sydney

**Dr Amanda Nagle**

NSW Heart Foundation

**Ms Liz Develin**

Director, Centre for Health Advancement, NSW  
Health

### Program Convenors

**A/Prof John Ward:** Hunter New England Area Health  
Service

**A/Prof Robin Callister:** School of Biomedical Sciences  
& Pharmacy, University of Newcastle

## Programme

**8.30am – 9.00am:** Registration

### Session One

**9.00am Welcome:** A/Prof John Ward

**9.05am Welcome to Country**

**9.10am – 9.20am:** *Dr Nigel Lyons*

Welcome and opening address

**9.20am – 10.00am:** *Prof Ron Plotnikoff*

Can physical activity stem the tide of sarcopenia,  
chronic disease and obesity?

**10.00am – 10.30am:** *Dr Cathy Sherrington*

Exercise to prevent falls-related injuries

**10.30am – 10.45am:** *Discussion*

**10.45am – 11.00am:** *Morning tea*

### Session Two:

**11.00am – 11.10am:** **Demonstration by Active  
over Fifties**

**11.10am – 11.50am:** *Prof Rob Newton*

The effectiveness of exercise in Parkinson's  
disease, diabetes and cancer

**11.50am – 12.20pm:** *Prof Mary Galea*

The role of exercise for people with disabilities

**12.20pm – 12.30pm:** *Discussion*

**12.30pm – 1.20pm:** *Lunch*

### Session Three:

**1:20pm–1:30pm:** *Heartmoves Demonstration*

**1:30pm – 1:45pm:** *A/Prof John Ward*

Sarcopenic obesity – the coming epidemic

**1:45pm – 2:00pm:** *A/Prof Robin Callister*

Health Professionals – working together to address  
sarcopenia and obesity

**2:00pm – 2:15pm:** *Dr Amanda Nagle*

Achieving behaviour change in chronic disease  
management: Lessons from Heartmoves

**2:15pm – 2:30pm:** *A/Prof Clare Collins*

Eating to enhance exercise in older age

**2:30pm – 2:45pm:** *Discussion*

**2:45pm – 3:05pm:** *Afternoon tea*

### Session Four:

**3:05pm – 3:25pm:** *Ms Liz Develin*

Is physical fitness a health responsibility?

**3:25pm – 4:10pm:** *Ms Bettina Arndt*

Is there more to older age than retirement?

**4:10pm – 4:25pm:** *Discussion. Close*



With the support of the Australian  
Association of Gerontology, Hunter  
Chapter

HUNTER NEW ENGLAND  
NSW HEALTH

HEARTMOVES



