



Exercise Physiology: Innovative community - based initiatives supporting older Australians in our regions

PHN / HNELHD EDUCATION SESSION

Although life expectancy is growing, the onset of morbidities is occurring earlier in life and older adults are spending more years with disability than ever. Despite the well documented benefits of regular exercise for maintaining physical health and quality of life into older age, up to 75% of adults over 65 years of age do not meet the physical activity guidelines. Additionally, regular exercise has proven cognitive, psychological and social health benefits.

Please join us to discuss how the University of Newcastle in collaboration with several local business and government agency partners are exploring innovative community-based initiatives to help support older adults in the Central Coast and Hunter New England Regions.

Learning outcomes:

- Explain the inter-relationships of the domains of “successful ageing”
- Discuss how exercise can provide holistic health benefits and contribute to successful ageing
- Discuss the benefits and application of the EngAGE program
- Discuss the benefits and application of the University of Newcastle’s student led Exercise Physiology Clinic

SPEAKERS: **Sam Johansen** is an Accredited Exercise Physiologist working at award winning Exercise Physiology clinic Hunter Rehabilitation and Health in Waratah. He recently spent 15 weeks supervising the delivery of the PHN funded EngAGE program.



Matthew Kolasinski is an accredited exercise physiologist from Newcastle and has previously worked in cardiopulmonary rehabilitation within the HNELHD. He is now an Associate Lecturer with the University of Newcastle Master of Exercise Physiology program.



WHO: **General Practitioners (Central Coast & Hunter New England Regions), Allied Health Providers, Nurses.**

WHEN: **Thursday 21 July 2022, 6.30 pm – 7.30 pm**

WHERE: **Online via GoToWebinar**

RSVP: **Please [CLICK HERE](#) to register**