

A vibrant background of tropical foliage in shades of teal, purple, and pink. The leaves are stylized and layered, creating a lush, layered effect. A white diagonal banner in the top right corner contains the text 'FREE EVENT'.

FREE EVENT

live well

Central Coast

GOSFORD WATERFRONT
7 APRIL
10AM - 4PM

PRESENTED BY

FOR MORE INFORMATION VISIT
centralcoast.nsw.gov.au/events

Central
Coast
Council



eat

Learn about good nutrition and the role of food in your everyday life.



move

Get your body moving with an array of physical activities and sessions.



think

Learn how to look after you on a mental, physical and spiritual level.



earth

Take a look at how we live, and ways we can love our earth.



tranquil tipi

Take some time out, and treat your self.

welcome.

Welcome to Live Well Central Coast 2019! Live Well occurs on World Health Day, with this year's theme celebrating universal health coverage for everyone, everywhere.

2019 marks the inaugural Live Well Central Coast Festival and we want YOU to join us in a celebration of healthy living, nutrition, food, wellness and happiness made possible by the amazing lifestyle on offer to us right here on the Central Coast.

We invite you to discover the many ways you can nourish your body, participate in workshops and classes, eat at many of the healthy food stalls, take some time for you at the Tranquil Tipi space and connect with local businesses to find out more about the health benefits of their products and services.

Be sure to visit our event stages: EAT, MOVE, THINK & EARTH! With a number of fitness activities, meditation, spiritual health sessions, workshops, guest speakers and environmental education – you won't want to miss a thing!

Our ambassador Sally Matterson, will set the tone talking all things health, food and fitness. Plus check out all our stallholders and offerings in each of the event hubs – Live Well has something for everyone.

A jam packed day aimed at taking some time for YOU!

-  Move stage
-  Tranquil Tipi
-  Eat stage
-  Think stage
-  Earth stage
-  Stallholders
-  Food Stalls
-  Toilets
-  ATM



Healthy Living Hub

Nourish Hub

Kids Corner

Good Vibes Hub

Love Your Earth Hub

Chill Out Zone

★ STAR 104.5
Day Spa

Road Closed

Central Coast Highway

CLASS SPACE



| <i>Time</i> | <i>Business</i> | <i>Presenter</i> | <i>Topic</i> | <i>Overview</i> |
|----------------|-------------------------------------|---------------------------------|--|--|
| 10am | Eat Sense | Nicky Saliba | Mood food | Join us for this interactive seminar exploring the role food has on mental health and wellbeing. |
| 10:45am | Bright Diets | Nicky Bonnefin | Eating like a Mediterranean | Explore a myriad of benefits and practical tips. |
| 11:30am | Eat Sense | Nicky Saliba | Women's wellness | An interactive seminar exploring nutrition, movement and stress on women's health and wellbeing. |
| 12:00pm | Complete Health Improvement Program | Leonard Bolst and Linda Cloete | Plant based food preparation | Learn how you can enjoy plant based food as part of your healthy lifestyle. |
| 12:45pm | Erina Nutrition | Clare Marcangelo | How to easily change your family's eating habits | Learn the top 10 tips to overhaul your family's diet without overwhelming you, or breaking the bank. |
| 1:30pm | The Wholesome Collective | Mary Wills and Michael Paterson | Workplace wellness | Will show you how to prepare wholesome recipes that taste great, and are perfect to take to work. |
| 2:30pm | Central Coast Council | Anni Griffiths | Avoidable food waste | Learn all about how to avoid food wastage. |
| 3:15pm | I Kris Goetz | Kris Goetz | Gut health magic | Get equipped with three super quick and easy recipes plus dive into the seven modalities of health! |



move

Please ensure you visit the Central Coast Council tent located near the stage prior to each session to sign a waiver. We also recommend visiting your health practitioner before undertaking any physical activity.

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|----------------|--|-----------------------------------|---------------------------------|--|
| 9.30am | Happy hot yoga | Carla Maree Simpson | Meditation session | Be guided through a few different meditations to incorporate into your everyday. |
| 10am | The Accountability Couch from the Sunshine Coast | Sally Materson | Train for hormone balance | Learn the best exercise methods to balance our hormones and shred fat for life. For all fitness levels. |
| 10.30am | Movement Lab | Glenn Phipps | Not really yoga | Because stretching just makes you good at stretching. BYO matt. |
| 11am | The Collective | Andrew Paps | ZUU | Learn how to utilise your own body weight to increase fitness, mobility and strength. |
| 12pm | Trudyoga | Trudy Gray | MINI Yogis | Kid's yoga session. Most suited to children aged 5-10. |
| 12.30pm | This Electrified Life | Kris Deminick | Power ballad pilates | Set to the tunes of classic power ballads, this session will be a whole body party workout! Suitable for all levels of experience. |
| 1.15pm | The Accountability Couch from the Sunshine Coast | Sally Matterson | Train for hormone balance | In case you missed the 10am session, Sal is back again. |
| 1.45pm | F45 Training | Tania, Jack, Daniel, Adam and Mal | F45 training HIIT demonstration | The team at Tuggerah, Gosford, Woy Woy, Kincumber and Erina, welcome you to join in the action. |
| 2.30pm | W Tribe | Tahnee | Boxing session | Just turn up, we have the equipment for up to 40 women! |
| 3.15pm | The Yoga Collective Terrigal | Leah Davies | Yoga to rest, restore and renew | Mats and equipment are provided. |



think

Time

Business

Presenter

Topic

Overview

| Time | Business | Presenter | Topic | Overview |
|----------------|--|--|---|---|
| 10am | Wamberal Buddhist Centre | Gen Kelsang Sawa | The benefits of meditation | Learn how the practice of meditation improves physical well-being and peace of mind. |
| 10.30am | Happy U HQ | Samantha Bowker | The mental gym | You cannot control how you feel, but you can change what you think and that changes everything. |
| 11am | The Accountability Couch from the Sunshine Coast | Sally Matterson | Balance your hormones and shred fat for life | Addressing stubborn areas of body fat through implementing the right nutrition, training, supplementation and lifestyle for hormone health. |
| 11.30am | Wellbeing Mindset Warrior | Catherine Matire Wright | Good vibes start from within | If you want to be happy, feel more joyous, loving, energised, and mindful then this one's for you. |
| 12.15pm | W Tribe | Sarah Wills | Vision and goal setting | Learn how to set some health and wellness intentions for the year ahead with very clear steps for you to achieve them. |
| 12.45pm | The Walking Podiatrist & Movement Therapist | Seleisa Duddy | The Mouth, Body & Sole Collaborative | Come and gain insight into the complex 'mouth to toe' workings of the human body. |
| 1.30pm | The Collective | Andrew Paps | Understanding our associations | Learn how you can make your nutrition, training, environment and mindset work for you rather than against you. |
| 2pm | The Wong Way | Izy | How to use essential oils in your daily life | Learn what an essential oil is and how you can use them daily for your health. |
| 2.45pm | Courtney Jones Hypnosis and Coaching | Courtney Jones | Managing stress and anxiety with natural healing technique | Learn to recognise the subtle signs of stress and quickly shift the body's energy system to heal. |
| 3.30pm | Lovatts Media | Madison White, Carly Saillard, Rachael Morris and Rachael Northy | Does media have a responsibility to share messages that uplift and inspire? | Join Australia's most successful home-grown publishing house to discover why they are consciously choosing to adopt a kinder, more sustainable worldview. |



earth

| <i>Time</i> | <i>Business</i> | <i>Presenter</i> | <i>Topic</i> | <i>Overview</i> |
|----------------|---------------------------|---------------------------------------|-------------------------------------|---|
| 10am | Keesha's Creations | Keesha Goode | Sacred sound healing | A sacred ceremony to begin the morning. |
| 10.30am | Sea Shepherd | Jools Farrell | Marine debris talk | Impacts to waterways and ways you can help to clean up your local area. |
| 11am | Youth Connections | Bruno Stantic | Eco menus | Eco menus with minimal waste presented by hospitality students. |
| 12.15pm | Community Gardens | Panel | Gardens unwrapped | From worm farming to composting, the Q&A panel will be on-stage to answer your garden questions. |
| 1pm | Chavez Chiropractic Erina | Health HQ Erina | Spinal checks and chiropractic care | Join us for all you need to know about chiropractic care, plus acupuncture and reiki healing awareness. Your health is your wealth. |
| 1.30pm | Blooms Chemist Erina Fair | Juvenile Diabetes Research Foundation | Diabetes awareness | Discussion on diabetes, as well as blood tests onsite. |
| 2pm | Central Coast Council | Anni Griffiths | Chemical free homes | This talk will look at natural non-toxic alternatives to common chemical based household cleaners and sprays. |
| 3.15pm | Space Whale Productions | Elizabeth McCarthy | Self-compassion | Discover the art of self-compassion, interactive art and worship. |



Space is limited, so please arrive early to ensure you get in for your session

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|----------------|--------------------------|---------------------|-----------------------------|---|
| 10am | The Tranquil Tipi | Samantha Grace | Yoga Nidra | Deep meditative relaxation to release tensions on a physical, mental and emotional level. |
| 10.30am | I Kris Goetz | Kris Goetz | Magical healing meditation | See, feel and experience how your life would look like if you would be perfectly healthy with actionable guidance to turn this vision into reality. |
| 11.15am | W Tribe | Sarah Wills | Practicing vulnerability | Join us in this workshop to explore the power of vulnerability and women supporting women. |
| 11.45am | Spirt Energy Centre | Oscar De Sousa | The Empath | An experience into understanding yourself and others. |
| 12.30pm | Wamberal Buddhist Centre | Gen Kelsang Dawa | Tips for overcoming anxiety | Hear four practical steps for dispelling anxiety, fear and worry in your life. |
| 1pm | The Tranquil Tipi | Samantha Grace | Yoga Nidra | In case you missed the 10am session, join us for another session with Samantha. |
| 1.30pm | Happy Hot Yoga | Carla Maree Simpson | Happy living system | Learn to make a conscious choice every day to GET HAPPY NOW. |
| 2pm | The Tranquil Tipi | Samantha Grace | Yoga Nidra | In case you missed the earlier sessions, join us for another session with Samantha. |
| 2.30pm | This Electrified Life | Kristina Deminick | Swap your stress for SPARK! | Swap your stress for spark. Get stress busting tips, boost your confidence, and rediscover the spark that lies within. |
| 3.15pm | The Tranquil Tipi | Samantha Grace | Free form dance | Leave your inhibitions behind and dance freely. |

not to miss.



Coastal Zen Yoga Come find your balance and deepen your connection to nature with stand up paddle boarding yoga on Brisbane Water with Amanda Rivers. Meet at 9am at Gosford Waterfront on the boat ramp.



Visit the **STAR FM** team onsite at the **STAR SPA!** The perfect place to relax and enjoy some you time with a chill out zone, mini massages, craft activities, day dream corner and a gratitude garland.



Event Hubs! Be sure to visit all of our event hubs including Good Vibes, Kidz Corner, Healthy Living, Nourish and Love Your Earth! Plus don't miss our wide variety of health, wellbeing and food stalls.



We have partnered with **Fixx Events** to bring you the **'Love Your Earth'** event hub! This hub celebrates local wellness and wellbeing in people, the environment, products and practises.



Be sure to visit **Sally Matterson** onsite for all your questions on shredding fat and hormone Health! With over 18 years of fitness industry experience and as a qualified BioSignature Practitioner, Sally continues to pioneer sustainable fat loss solutions for her clients. As seen on Shark Tank, her book *'Healthy Body'* was published with Rockpool Publishing and signed copies will also be available for purchase on the day!



Think you are an awesome recycler? Challenge your knowledge by taking Central Coast Council's survey and uncover some of the trickier secrets to your recycling bin. Participants receive a FREE reusable Rcup. Limited to the first 100 respondents. Lots of education, fascinating facts and give-aways. Re-educate and surprise yourself.



Mobile Shiatsu Clinic Be sure to head to the clinic for a beautiful massage and healing using Shiatsu. A beautiful therapy which helps to aid migraines and reduce stress, tension, anxiety and depression. You will walk out feeling relaxed and calm.

kids corner.

The Live Well program features a number of great activities suitable for kids of all ages:

- Join us for our Kids Yoga on the MOVE stage at 12pm. We will breathe like bunnies, swing like elephants, hop like frogs and rest peacefully like starfish.
- Don't miss Lovatts Media's colouring cube, an interactive and collaborative art activity sure to get your kid's creative juices flowing! Plus pick up your complimentary mini mags from Lovatts Media's collective of brands *Teen Breathe*, *Breathe*, *Audrey Daybook* and *nourish* magazine!
- Visit 'Bright Diets' in the Good Vibes Hub. Whether your child is a bit picky or full on fussy, come along together to learn some tips and tricks to get your munchkin munching on something new and enjoying it. 'Make Meal Times Fun' sessions run at 12-1pm, 1.30-2.30pm and 2.30-3.30pm. Plus head down at any time of day and have a chat to the team to learn more.
- Plus enjoy free face painting and much more.



give back.



Visit the **Break Thru** area located onsite to get your Live Well Airbrush Tattoo! All proceeds go to the Break Thru charity supporting the youth of the Central Coast and disability inclusion and employment.



Those who are currently affected by a journey of cancer survivorship can visit the **Move Over Cancer** space onsite and access information about cancer rehabilitation. Join the **Cancer Rehabilitation Physiotherapists** and discover the program that is supporting the health and recovery of patients.

PROUDLY PRESENTED BY



Live Well Central Coast would like to thank the following event supporters:

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[breakthru]

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We look forward to seeing you at next year's Live Well Central Coast event on Sunday 5 April 2020.