

## All will be Well festival programme

### Wednesday 30 September

Opening Night  
Mayor, Cr Libby Mears, Welcoming address  
APA - Self Accusation  
Petrea King - Opening the Heart of Healing  
6-9pm FREE  
Lorne Senior Citizens Centre

### Thursday 1 October

Petrea King  
Heart of Healing Workshop  
Community  
9-4pm Cost: \$60  
Lorne Senior Citizens Centre

### Friday 2 October

Petrea King  
The Wounded Healer Workshop  
for professionals and carers  
9-4pm Cost: \$60  
Lorne Senior Citizens Centre

**All following events at  
Fig Tree Community House  
except where indicated**

### Saturday 3 October

Community Singing with Michele Barnes,  
Bellbrae singing for fun leader  
10.30-12.30pm Cost: \$10  
Weaving with Bark  
Caroline Hawkins  
1-4pm Cost: \$15

### Sunday 4 October

DanceFitClass with Laura Hosking  
Combinatin of dance moves, aerobics  
stretching and fun.  
10.30am-12.30pm Cost: \$15  
Drumming with Jacqui Dreessen. Feel the  
rhythm of life. Drums provided.  
2-3pm Cost: \$20  
Enviro Walk  
Quench your thirst for more local  
knowledge with Camel, Meet at FigTree.  
4-6pm FREE

### Monday 5 October

All will be Well FORUM  
Facilitated by Rosie Rowe  
Key note Speaker Mardie Townsend  
9-4pm FREE  
Lorne Surf Club

### Tuesday 6 October

Playgroup  
9.30-11.30am FREE  
Lorne Carers Group  
1.30-3.30pm FREE  
Meditation Group  
Lead by Janine Hutt  
7.30-9.30pm FREE

### Wednesday 7 October

R U OK? Day  
Morning Tea  
10am-12 noon Gold Coin Donation  
Happiness & Its Causes  
DVD screening  
1-4pm FREE  
Yoga  
Shane Lewis  
6-7.30pm FREE

### Thursday 8 October

Happiness & Its Causes  
DVD Screening  
10am-12 noon FREE  
Games Group  
1-4pm FREE  
Wellsprings Circle  
6-8pm FREE

### Friday 9 October

Nutrition workshop  
Deanne Linde  
10.30am-12 noon Cost: \$10  
Closing Ceremony  
Aboriginal Smoking Ceremony David Tournier  
Live music with Kathryn Kelly &  
Rochelle Griffith. Flag ceremony & BBQ  
6-9pm FREE

# All will be Well festival



10 days of information  
inspiration & participation  
for well being



Wednesday 30 September  
to Friday 9 October 2009



The All Will Be Well Festival is a ground-breaking, regional Health and Wellbeing Festival, running from Wednesday 30 September to Friday 9 October 2009.

The Festival has been organised by the Wellsprings Partnership involving Lorne Community Hospital, Fig Tree Community House, LorneCH, Surf Coast Shire and the Lorne community.

The festival coincides with Mental Health Week and various Art and Wellbeing activities are on offer throughout the week.

**All will be Well festival Opening** features welcoming presentation by Cr Libby Mears (Mayor), Surf Coast Shire, Anglesea Performing Arts production of Self Accusation and presentation by Petrea King, Opening the Heart of Healing.

### Petrea King Workshops



Petrea King,  
Founder of The Quest  
for Life Centre.

Petrea King has educated and supported more than 70,000 people, including: those living with life-challenging illnesses or loss; medical & allied health professionals; and individuals who wish to enhance their own health and wellbeing. She has written eight books, is frequently featured in the media, and is a regular on ABC radio. Petrea has received the Advance Australia Award and the Centenary Medal for her contribution to the community. She has been nominated for Australian of the Year in each year since 2004.

Her professional expertise as a naturopath, herbalist, hypnotherapist, yoga and meditation teacher, has established her international reputation in holistic health and wellness.

#### “The Heart of Healing”

A full day workshop for the general community exploring the elements that create a healing environment for our body, mind and spirit. Thursday 1 October

#### “The Wounded Healer”

A full day workshop for health workers and those in caring professions and positions. Exploring how to care compassionately for others when we are weary ourselves. This is an opportunity to reflect, replenish, and reconnect to your motivation. Friday 2 October

#### Self Accusation

Self Accusation by Peter Hendke and directed by Iris Walshe-Howling, is a unique piece of theatre in speak-in (Sprechstuck). Performed by a cast of six speakers from Anglesea Performing Arts, whose voices are attuned to each other, alternate or speak together, quiet and loud, fast or slow, layering and overlapping with abrupt transitions thus producing an acoustic order. An amazing journey through the power of words.

### All will be Well Community Health & Wellbeing Forum

A community event of great significance. This Forum is an initiative of the Lorne Community Hospital as part of its strategic priority for the hospital.

It will be an interactive day to gather community input facilitated by accomplished facilitator Rosie Rowe, the day is planned to invigorate collaborative action towards whole health. It is also a wonderful opportunity for healthcare providers of the region to showcase their services.

Keynote speaker Associate Professor Mardie Townsend, the Associate Dean (Development and Partnerships) for the Faculty of Health, Medicine, Nursing and Behavioural Sciences at Deakin University will share her current research on the benefits of contact with nature for human health and wellbeing.

The forum will explore the list of priorities for improving health and wellbeing in local communities that were identified through extensive consultation with community members in the local catchment townships, and with service providers. These will significantly influence Lorne Community Hospital's work towards disease prevention and improved health and wellbeing.

It is an amazing opportunity for providers and general community to be together to discuss future pathways and priorities.

This is a key event to engage with local needs and how they may be addressed. Monday 5 October

### All will be Well Activities

Throughout the “All Will Be Well Festival” there are a choice of various Art, Health and Wellbeing workshops at Fig Tree Community House, including: Enviro Walk, Weaving, Dancercise, Meditation, Yoga, Singing, Drumming, Wellsprings Circle, R U OK Activity. See programme on last page for details.

R U OK? is an initiative by Headspace Barwon. r u ok? day 2009 encourages the community to take part in some old fashioned activities and chat to one another. Even a simple conversation can help reduce social isolation and be a step towards avoiding mental illness. When was the last time you asked someone r u ok?

### All will be Well festival Closing Ceremony

Aboriginal Smoking ceremony, live music, nibbles and drinks. Friday 9 October

### Bookings

Bookings and advanced payments are essential for Petrea King Workshops \$60 per workshop or \$100 for both. Book NOW as spaces are limited. The All Will Be Well Opening and Community Health and Wellbeing Forum are free events, but bookings with Lorne Community Hospital are essential. For bookings and advanced payment for Petrea King workshops contact

**Lorne Community Hospital**  
5289 4300

To book activities at Fig Tree Community House, and for further information about all Festival Events contact

**Fig Tree Community House**  
5289 2972