



ABRN 142 977 053

POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

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Polio Health and Wellness Retreat Body / Mind / Spirit

SurfAir at Marcoola, Queensland

Thursday 26, Friday 27, Saturday 28 April and Sunday 29 April 2012

Expression of Interest

Polio Australia will once again be facilitating its 3 day Polio Health and Wellness Retreat for polio survivors and their partners from Thursday 26 to Sunday 29 April, 2012 on the beautiful Sunshine Coast in Queensland. The holistic 'Body / Mind / Spirit' theme will continue and include:

- ◆ Interactive group sessions and one-to-one consultation opportunities with a variety of allied health professionals
- ◆ Hydrotherapy and exercise options
- ◆ Latest orthotics, aids and equipment displays
- ◆ Seated Yoga and Meditation Sessions
- ◆ Activities To Keep The Mind Active
- ◆ Creative Workshops and Singing for Health
- ◆ Massage therapy

See details of previous Retreats at www.polioaustralia.org.au / *What we do / Self Management*

Polio Australia's Health and Wellness Retreat

26th April – 29th April, 2012

(Approx registration fees for 3 nights accomm, all meals and most activities = \$300 pp double / \$400 single)

Please provide me with more information on the Polio Health & Wellness Retreat when available.

Name: _____

Address: _____

Phone/s: _____ **Email:** _____

Return to: Polio Health & Wellness Retreat, Polio Australia, PO Box 500, Kew East, VIC, 3102 or

Email: office@polioaustralia.org.au