



RACGP VICTORIA'S  
WOMEN IN GENERAL PRACTICE  
COMMITTEE IS PROUD TO PRESENT

# BRAINY WOMEN: A HEALTHY MIND AND BODY

RACV CITY CLUB MELBOURNE  
16-17 OCTOBER 2021





# BRAINY WOMEN: A HEALTHY MIND AND BODY

2021

## Message from the Chair

The Women in General Practice (WiGP) Committee is an RACGP Victoria faculty initiative that supports and advocates for female GPs and for women's health. Each year we organise and facilitate educational events, as well as opportunities to meet, support and network with other GPs.

This year we are excited to bring you Brainy women: A healthy mind and body. The conference includes sessions on women's health and doctors' health and wellbeing. It is open to all GPs, as well as to new Fellows and registrars. Our conferences are practical, interactive, and provide many opportunities to meet and talk with other GPs. We are very excited to have Natasha Stott Despoja AO as our closing speaker.

Dr Marina Malcolm  
Chair, RACGP Victoria  
WiGP Committee



## VENUE

### RACV City Club

Conveniently located in the heart of Melbourne's CBD and just a stone's throw from the retail precinct, public transport, Federation Square, theatres and major event venues, the RACV City Club caters for social, leisure and business needs.

For those who wish to stay in the CBD, the venue offers a wide range of dining options, a swimming pool, squash courts and a day spa.

## SATURDAY EVENING

### Conference dinner

The conference dinner will be held on Saturday night in the Club Pavilion at the RACV City Club.

The Saturday dinner is included in your conference registration. Additional tickets for your family members can be purchased.





## PROGRAM OUTLINE

### SATURDAY 16 OCTOBER 2021

9.00–9.10 am	Acknowledgement of Country & Welcome	Dr Marina Malcolm
9.10–11.10 am	Supporting doctors' mental health	Dr Tim Dewhurst*
11.10–11.30 am	Morning tea	
11.30–12.30 pm	In her own words	Natasha Stott Despoja AO (Introduced by RACGP President Dr Karen Price)
12.30–1.15 pm	Lunch	
1.15–3.15 pm	Mindful Practice: The art and practice of being a mindful and well medical practitioner	Associate Professor Craig Hassed AOM *
3.15–3.30 pm	Afternoon tea & Networking	
3.30–4.30 pm	Eating disorders in adolescents and children	Dr Suba Rudolph
4.30–6.30 pm	Evening Break	
6.30–8.30 pm	Group dinner	

### SUNDAY 17 OCTOBER 2021

8.30–9.30 am	Dementia and Cognitive impairment in women: Prevention and early detection	Dr Kate Gregorevic
9.30–10.30 am	MARAM (Multi-Agency Risk Assessment and Management Framework): Supporting women's health and safety	Dr Magdalena Simonis
10.30–10.45 am	Morning tea	
10.45–11.45 am	From a healthy mind comes a healthy body: Creating a balanced lifestyle	Dr Susan Barnett
11.45–12.45 pm	Healthy mind, healthy body for women; sexual function midlife and beyond	Dr Sonia Davison
12.45–1.45 pm	Lunch and close	
2.00–4.00 pm	BLS – Basic Life Support run by GPs for GPs (Optional session)	Dr Rod Campain

*Program is subject to change*

\*This activity has been submitted for 40 CPD points. To obtain 40 CPD points you must attend all CPD Accredited Activity sessions.



# REGISTRATION AND ACCOMMODATION

## REGISTRATION

	RACGP member	Registrar member	Non-member
<b>Full conference*</b>	\$375	\$300	\$425
Saturday only (including dinner)	\$300	\$225	\$350
Additional dinner ticket	\$125	\$125	\$125
Live stream**	\$200	\$200	\$200

*All prices quoted include GST*

\*Full conference package includes full-day catering Saturday with conference dinner, morning tea and lunch on Sunday.

\*\*Live stream attendees will be eligible for two CPD points per hour.

## ACCOMMODATION

To secure a room please phone 03 9944 8888 and quote BBID 9441728

Room type	Rate
Room	\$220
Room (including breakfast)	\$240

**All rooms come with complimentary wi-fi, air conditioning, private bathroom, TV with selected Foxtel channels and daily newspaper.**

For further information please contact the RACGP Victoria Events team on **03 8699 0591** or email [vic.events@racgp.org.au](mailto:vic.events@racgp.org.au)

