



GOOD LIFE

EXPO GOOD DEATH
no taboos: embracing all of life

FREE COMMUNITY EXPO

Learn and share about LOVE, LOSS, AGEING WELL, DYING WELL, DIGNITY, COMPASSION, LIFE AND LEGACY

The Good Life Good Death expo brings together industry experts to talk with the community through education sessions, Q&A panels, exhibition booths and interactive activities. **It is one day that could change the rest of your life.**

Meet and mingle with the experts in their fields of: Palliative care, health, community, aged care, grief counsellors, paediatrics, young adults, death doulas, lawyers, therapists, pastoral carers, nurses, paramedics, therapists, funeral directors, financial planners, mobility advisors, travel for over 50's and more.

Sunday December 01 - 10:00am - 3:00pm
Brisbane Convention and Exhibition Centre

To register visit goodlifegooddeathexpo.org.au or call 07 3511 1539

FREE BARISTA
COFFEE

EXPO
SHOWBAG

FREE
INTERGENERATIONAL
FACE PAINTING

FREE PHOTO
BOOTH

RAFFLE

KIDS DRAWING
& PLAY AREA

FREE EXPERT
SEMINARS
(INC. A CERTIFICATE OF ATTENDANCE FOR
PROFESSIONAL DEVELOPMENT)

ARTS AND
CRAFTS

OVER 40
EXHIBITORS

REGISTER NOW AND WIN!

Register before the event to go into the draw to win a FREE ipad



WIN FREE iPad

Event organisers



Palliative Care Queensland expo partners



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FREE COMMUNITY EXPO

Time	ROOM: Main Expo Area - Plaza Terrace Room Level 3			ROOM: Plaza Terrace P5 Level 3
	Compassionate Communities Café (Facilitated by PCQ, HCQ, COTA-Qld and Carers Qld)	Conversation Corner	Youth Hub (Facilitated by CanTeen)	Free Education Panels
Pre - Event 08:30 - 10:00am	08.30-09.45am Ambulance Wish Queensland Breakfast: Get involved and learn more - \$30/head (inc breakfast)			
10:00 - 10:30am	Opening address Including a Welcome to country			
10:30 - 11:00am	Remembrance trees <i>(arts, craft and conversations)</i>	When cure is no longer possible: how to access services and supports	Honouring our loved ones	10.30-11.15am FREE EDUCATION SESSION: What about your pets? <i>(How to start a conversation about end of life planning)</i>
11:00 - 11:30am	11.00-11.45am Death Cafe <i>Lets talk about death</i>	What is the role of a death doula?	Origami: A symbol of hope	11.30-12.15pm FREE EDUCATION SESSION: Create a circle of care <i>(How to mobilise your support system)</i>
11:30 - 12:00pm	<i>Snacks available by donation</i>	Moving forward through grief and loss	11.30-12.00noon The Stairwell Project showcase <i>(music)</i>	
12:00 - 12:30pm	Healthy ageing exercises <i>(with exercise physiologist)</i>	Everything you need to know about wills, estates and financial planning	Grief support through web-based technology	12.30 - 12.50pm Threshold Choir <i>(at the end of life these singers help ease the journey)</i>
12:30 - 1:00pm	My last wish would be... <i>(with Ambulance Wish Queensland volunteers)</i>	What's new in seniors support and care?		
1:00 - 1:30pm	1.00-1.45pm Wish Cafe <i>Let's talk about last wishes</i>	What's new in palliative care?	Deep Speak: How to communicate through grief	1.00-1.45pm FREE EDUCATION SESSION: What is a good death? <i>(How to find peace and comfort at the end of life)</i>
1:30 - 2:00pm	<i>Snacks available by donation</i>	When cure is no longer possible: how to access cancer specific services and supports	Plant Honouring Ceremony <i>Write a message to a lost loved one and plant it in a pot to signify new life</i>	
2:00 - 2:30pm	Healthy ageing exercises <i>(with exercise physiologist)</i>	How do you plan a funeral?	Facing anniversaries and celebrations	2.00-2.45pm FREE EDUCATION SESSION: Talking to children about loss, dying and grief
2:30 - 2:45pm	The Stairwell Project showcase <i>(music)</i>			
2:45 - 3:00pm	Closing address: Raffle and prizes drawn			

Everyone's invited! Registration encouraged but not essential, for more information visit:
goodlifegooddeathexpo.org.au or call **07 3511 1539**

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