



EVERYONE IS INVITED

# GOOD LIFE GOOD DEATH

EXPO 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, 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](http://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)	Conversation Corner	Youth Hub (Facilitated by CanTeen)	Free Education Panels
Pre - Event 08:30 - 10:00am	08.30-09.45am <b>Ambulance Wish Queensland Breakfast:</b> Get involved and learn more - \$30/head (inc breakfast)			
10:00 - 10:30am	<b>Opening address</b> Including a welcome to country			
10:30 - 11:00am	10:30-11:00am <b>Remembrance trees</b> (arts, craft and conversations)	10:30-11:00am <b>When cure is no longer possible:</b> how to access services and supports	10:30-11:00am <b>Honouring our loved ones</b>	10.30-11.15am <b>FREE EDUCATION SESSION:</b> <b>What about your pets?</b> (How to start a conversation about end of life planning)
11:00 - 11:30am	11:00-11:45am <b>Death Cafe</b> Lets talk about death	11:00-11:30am <b>What is the role of a death doula?</b>	11:00-11:30am <b>Origami: A symbol of hope</b>	
11:30 - 12:00pm		11:30-12:00pm <b>Moving forward through grief and loss</b>	11:30-12:00pm <b>The Stairwell Project showcase</b> (music)	11:30-12:15pm <b>FREE EDUCATION SESSION:</b> <b>Create a circle of care</b> (How to mobilise your support system)
12:00 - 12:30pm	12:00-12:30pm <b>Healthy ageing exercises</b> (with exercise physiologist)	12:00-12:30pm <b>Everything you need to know about wills, estates and financial planning</b>	12:00-1:00pm <b>Grief support through web-based technology</b>	
12:30 - 1:00pm	12:30-1:00pm <b>My last wish would be...</b> (with Ambulance Wish Queensland volunteers)	12:30-1:00pm <b>What's new in seniors support and care?</b>		12:30 - 12:50pm <b>Threshold Choir</b> (at the end of life these singers help ease the journey)
1:00 - 1:30pm	1:00-1:45pm <b>Wish Cafe</b> Let's talk about last wishes	1:00-1:30pm <b>What's new in palliative care?</b>	1:00-1:30pm <b>Deep Speak: How to communicate through grief</b>	1:00-1:45pm <b>FREE EDUCATION SESSION:</b> <b>What is a good death?</b> (How to find peace and comfort at the end of life)
1:30 - 2:00pm	1:45-2:00pm <b>Book Reading</b> Death, A Love Project	1:30-2:00pm <b>When cure is no longer possible:</b> how to access cancer specific services and supports	1:30-2:30pm <b>Plant Honouring Ceremony</b> Write a message to a lost loved one and plant it in a pot to signify new life	
2:00 - 2:30pm	2:00-2:30pm <b>Healthy ageing exercises</b> (with exercise physiologist)	2:00-2:30pm <b>How do you plan a funeral?</b>		2:00-2:45pm <b>FREE EDUCATION SESSION:</b> <b>Talking to children about loss, dying and grief</b>
2:30 - 2:45pm	2.30-2.45pm <b>The Stairwell Project showcase</b> (music)	2.30-2.45pm <b>Book Reading</b> The Bottom Drawer Book	2.30-2.45pm <b>Facing anniversaries and celebrations</b>	
2:45 - 3:00pm	<b>Closing address: Raffle and prizes drawn</b>			

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

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