



**Annual Scientific Meeting**  
**Friday 28<sup>th</sup> October 2022**  
**The Kirribilli Club, Lavender Bay**

***'Let's Connect'***

Hosted by the Australian Cardiovascular Health and Rehabilitation Association of  
 NSW and ACT Inc. (ACRA NSW/ACT)

PRELIMINARY PROGRAM

8.00am	Registration opens – tea and coffee on arrival
<b>Session One. Chair: Robert Zecchin, ACRA NSW/ACT President</b>	
8.30am	Official welcome and Acknowledgement of Traditional Owners (Robert Zecchin)
8.45am	Patient Experience
9.15am	Behaviour Change (Ben Britton)
9.55am	Mental Health & Mindfulness (Angela Rao and Nicole Livermore)
10.30am	<b>Morning Tea</b>
<b>Session Two.</b>	
11.00am	Masters Football and Cardiovascular Events (Prof Geoff Tofler)
11.30am	Exercise and Physical Activity: What's New and How To Do It! (Nicole Freene, Matthew Hollings and Christian Verdicchio)
12.30pm	<b>Lunch. ACRA NSW/ACT 2022 AGM at 1pm</b>
<b>Session Three.</b>	
1.30pm	Workshop presented by the Solve CHD Team.
2.00pm	Poster Presentations (Tracy Schumacher and Nicole Freene)
2.40pm	Comfort Break
<b>Session Four.</b>	
3.00pm	Nutrition and Cardiovascular Health Workshop (Lucy Kocanda and Tracy Schumacher)
3.30pm	Facilitated Networking. What can ACRA NSW/ACT do to further support CR in NSW?
4.00pm	Drawing of the Lucky Door Prize and close of meeting (Robert Zecchin)