

Australia's own 'Wellness Retreat'

by Mary-ann Liethof

Even before we visited Warm Springs, Polio Australia and Post-Polio Network (NSW) Inc. were sending joint proposals to several philanthropic, government and corporate organisations to run our own Wellness Retreat.

The Post-Polio Network (NSW) was recently rewarded with \$10,000 from The Marian & E.H. Flack Trust which provides a good enough starting point to facilitate a 'pilot' Retreat in New South Wales next year.

If this is successful, Polio Australia eventually hopes to secure enough funding to run similar Retreats in each state.



Initial details for the Wellness Retreat are that it will be held from Thursday 15th to Sunday 18th April, 2010 at "St Joseph's Baulkham Hills". Baulkham Hills is only 30 minutes from Sydney CBD and St Joseph's offers extensive conference facilities which include:

- **Large auditorium seating over 100 – fully equipped with AV Technology**
- **10 meeting rooms, many fully equipped with AV Technology**
- **120 seat dining room**
- **guest lounges**
- **swimming pool**
- **art space**
- **library**

Guests can be accommodated in luxurious double, twin or single rooms with ensuite. A few specially designated disabled ensuited rooms are also available; the centre is easily accessible for the mobility impaired.

As this pilot Wellness Retreat is being run in New South Wales, it is anticipated that a large percentage of participants will be from that state. However, there will also be a limited number of places for people from other states who are willing to make



St Joseph's

the journey. Partners/carers are encouraged to attend. An early cost estimation is \$300.00 per person for most of the Wellness Retreat activities, 3 nights accommodation, and all meals.

We anticipate a number of polio-related health professionals will be in attendance including Dr Stephen De graaff (Medical Specialist), Darren Periera (Orthotist), a Physiotherapist, Occupational Therapist, Massage Therapist, and more. •

Details are still being prepared and all future information will be issued from Polio Australia.

If you would like to be sent more information as it becomes available, please complete the form and send it together with a stamped, self addressed envelope to:

**Wellness Retreat
Polio Australia
PO Box 888
Kensington
NSW 1465**



Polio Australia's Wellness Retreat 15 – 18 April, 2010

Please send me more information on the Wellness Retreat.

Name

Address

Postcode

Phone/s

Email

Return to Wellness Retreat, Polio Australia, PO Box 888, Kensington NSW 1465
Please include a stamped, self addressed envelope.

