

**The TAVRP Inc Committee
Invites you and your colleagues to a**



Breakfast Meeting

On Tuesday 26 February 2019 at 7.30am

*Please arrive by 7:15am for coffee orders
Breakfast served at 7:30am sharp*

**At the Duchess Café 231 Sandy Bay Road Sandy Bay
(street parking available in Princes or Gregory Street)**

**Presenter: Fiona Hamilton
Director Bodysystem Physiotherapy**

In addition to her clinical physiotherapy role Fiona consults to QBE as an Independent Physio Consultant (IPC) to communicate with and support treatment providers to achieve the best outcomes for workers with recovery from injury and return to work.

Topic:

GLA:D best evidence - based management of hip and knee osteoarthritis in an ageing workforce.

GLA:D is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis. Research from the program shows symptom progression reduces by 32%. Other outcomes include less pain, reduced use of joint related pain killers and less people on sick leave.

Relevance to the Occupational Rehabilitation Industry:

With increasing numbers of older workers remaining in the workforce, information about this condition may be valuable in helping prevent and manage lost work time due to sick leave, primary injury, injury secondary to the condition, and timely injury recovery.

We now require prepayment to confirm your attendance by the RSVP date

Breakfast Choices:

- **Option 1** – Avocado on rye with goats' cheese, tomato, poached egg, chilli & mint
- **Option 2** – Eggs Benedict with free range eggs, bacon on rye with apple cider hollandaise
- **Option 3** – Granola with Greek yoghurt and fresh berries

TAX INVOICE ABN 96 128 479 496

(This part will form your tax invoice – no receipts will be issued).

Presenter Fiona Hamilton 26.02.19

RSVP: With Payment by Wednesday 20.02.19

Email admin@tavrp.com.au or
GPO Box 1637, Hobart TAS 7001
(if posting RSVP please also send a note via email)

To assist with timely serving of breakfast we request you pre-order with this RSVP

Breakfast Order (Circle):

Option 1

Option 2

Option 3

Special Dietary Requirements:

- Members \$25 (Includes GST of \$2.27)**
- Non-Members \$35 (Includes GST of \$3.18)**

Name: _____ Address: _____

PH: _____ Email: _____

• Please find enclosed my cheque for \$_____ payable to TAVRP Inc.

• Or direct deposit: WBC Hobart BSB: 037001 Account: 186192
(please include your name on the deposit receipt/reference section)

• Or charge \$_____ to my • AMEX, • Visa, • MasterCard

Name on Card: _____

Card Number: _____ Expiry: ____/____ CVC: _____

Signature: _____

Please note: There are no refunds or credits available after the RSVP date