

Laying Solid Foundations

We often take our health for granted - that is, until something arises which changes everything!

Over the course of the next year we will provide a number of talks covering a variety of health topics. These will draw upon the collective expertise of health professionals working within this community. Our health professionals come from a range of backgrounds including nursing, physiotherapy, occupational therapy, podiatry, dietetics and nutrition, psychology and paediatrics.

We aim to address the practical questions that may help us all establish more solid foundations for health in its most holistic sense – including physical, mental, emotional, relational, and spiritual well-being.

Presenter: Dr Vili Sotutu, Paediatrician
FRACP DTM&H MBChB

Topic: "I Got You Under My Skin"

10 Minute Coronavirus Update Included

Date: Monday 30th March

Time: 7 - 8pm

Venue: ICC Café
61 Miles Street (Cnr Mary & Miles St)

Cost: Free Entry

Our first talk will cover the importance of the 1st 1000 days in laying the foundations for good lifelong health. Dr Vili Sotutu, Paediatrician, will touch upon the fascinating science which informs us about normal development (which is absolutely phenomenal), and the ways in which certain experiences (both good and bad) have the potential to “get under our skin”, change our biology, and leave an array of lifelong health consequences, again, both good and bad. This talk will be relevant to all current and future parents, to grandparents, and anyone working with children, as well as to anyone who once was a child!

*Limited Childcare will be available (\$2 per child),
RSVP to admin@isacommunitychurch.com by Friday 27th March.*