

Healthy Living

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation

IPSWICH



facebook.com/healthylivingipswich

- USQ Functional Foods Festival
- IHF FIT4LIFE activities
- National Pyjama Day
- Bowen Therapy

There's still
time to register!
Register online until 3pm
Saturday 30th July
www.park2park.com.au
or in person on the
day from 6am.

Ipswich Park2Park mascot Sneakie won the Jetts Mascot Marathon in 2015 - can he do it two years running?

Park2Park continues to grow in popularity

See inside for all you need to know about this year's Ipswich Park2Park presented by University of Southern Queensland.

Image by Tamara White Photography



Try something new for you and your kids



Recently for dinner we had cauliflower mash. It is very good if you have not had it, but it made me think of all the ways parents go into 'tricking' their children (and ourselves) into eating vegetables.

In *Healthy Living Ipswich* we have had recipes for zucchini spaghetti, zucchini brownies, vegetable bolognaise to name a few. It is amazing that despite our knowledge that vegetables are good for us many of us do not eat the recommended serves daily. We can though get to a point where having the recommended serves is not difficult. In fact it turns out to be pleasurable and delicious!

It is the same with physical activity. I think it is hard to initially trick ourselves into doing the recommended daily amount of exercise, but once we get into it, it can be addictive. This is one of the main reasons the Foundation started the Ipswich Park2Park. Having a great experience walking, running or even enjoying your morning with fellow community members can be a start into a 'new' world for people. This has happened to many, many people.

Why not try it yourself? Register now for the Park2Park and come and have a great time on a brisk Sunday morning of 31 July. See you then!

Tom Yates, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428
E: healthyliving@ihfoundation.org.au | W: ihfoundation.org.au

2016 Ipswich Park2Park is all about you and your family!

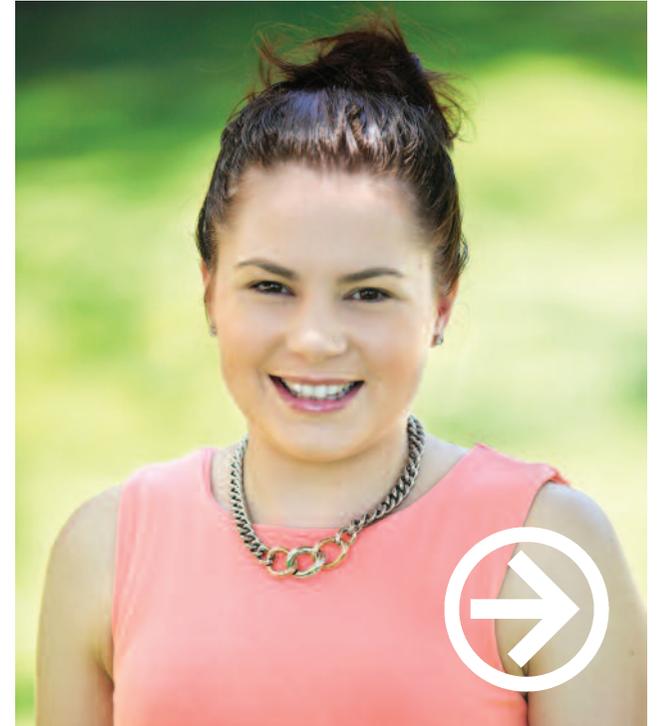
This year Ipswich Park2Park is shining the spotlight on you!

The theme for 2016 is 'looking into our backyard' with the goal of attracting as many Ipswich and district community members as we possibly can. Not only is Ipswich Park2Park a great opportunity to get together with friends and family for a healthy day out, it is a great platform for businesses and organisations to spread their message. Securing a spot in the team village or entering the mascot marathon are great ways to promote your businesses.

Recently, Ipswich Park2Park organiser Ashton Greaves explained to the feeling she gets when completing a healthy event like Park2Park. The hard work, the long hours and worry are all transformed when you watch a smiling competitor cross the finish line after a gruelling half marathon or see a triumphant family complete the family challenge.

We challenge you to set yourself a goal and make your way to the Park2Park registration page. Because there is no better feeling than the feeling of elation experienced after a run, walk or completion of a work out.

Register online at www.park2park.com.au



Ipswich Park2Park organiser Ashton Greaves.



There's still time to get a team of family or friends together to participate in any one of the Park2Park races including Half Marathon; Half Marathon Relay; 10KM Run; 5KM Run; 5KM Walk or the Family Challenge. Register online at www.park2park.com.au until 3pm Saturday 30th July or in person on the day from 6am.



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VOLUNTEERS NEEDED for the Ipswich Hospital Foundation

The Ipswich Hospital Foundation utilise volunteers in a number of areas at the Ipswich Hospital including:

- Meet & Greet reception/outpatient areas
- Parents in Theatre
- Hospital Museum
- Rehabilitation
- Helping Hands program
- Special Care Nursery
- Antenatal
- IHF Events, such as Park2Park

If you are interested in becoming a volunteer please complete the Volunteer's Application Form online at www.ihfoundation.org.au
For more information contact our Volunteer Coordinator, Judy Andrews on **3466 5004** or email volunteers@ihfoundation.org.au





The value of having good financial advice



Ryan Dobbrick
Financial Advisor

With headlines in the news lately, I felt that it was important to pull together some thoughts that will give you some comfort and also provide you with an opinion on why, no matter your financial situation accessing good financial advice can improve your financial future. During political unrest and market volatility, a good financial planner will be looking for opportunities that the

economy throws up as human emotion once again takes over.

Whether you are just starting out, family planning, setting retirement goals or estate planning - accessing good financial advice outside of the mainstream media can help turn down some of the noise.

Having a good financial planner can help you to:

Keep on track...

Over the long term, investment markets will always fluctuate. This can be difficult for some people, as they worry about whether they will have enough money for travel, renovating the family home or retirement.

A concern may be whether they need to make adjustments to their lifestyle.

Having an experienced financial adviser to help you structure your investment portfolio, based on your individual age and risk

tolerance, will help you ride out any ups and downs. Working with a financial adviser you feel comfortable with and regularly checking in with them means they can make recommendations and changes to your plan.

Of course, if you do get worried about something, having an adviser to remind you about your long term financial goals will help you see that short-term volatility is just part of your long term financial journey.

Stay protected...

While you may already have some form of insurance in place, either through your employer or super fund, do you really know how much you have and what it covers? Is it sufficient? What would be the financial impact if you were unable to work for extended period due to illness or injury?

Reviewing insurance is one of those things that many people simply don't have time for, and so

the risks get larger and larger, the longer they leave it.

An experienced financial adviser will not only be able to explain exactly what you are covered for, they will also be able to identify any gaps and recommend any changes, so you and your family's future is protected and you can rest easy.

Realise your potential...

To help you reach your full financial potential, an experienced financial adviser can discuss a wide range of financial topics - even if it is just for your own interest!

While there's no doubt that investments and insurance are important when building your wealth, so too is managing your cashflow, budgeting, tax planning, transitioning to retirement, aged care and estate planning.

Getting some advice on your whole financial situation can go a long way to helping you make the

most of what you have, whatever your age or income.

You are in safe hands...

Taking the time to find an experienced financial adviser who makes you feel comfortable, one that you can work with over the long term, can provide you with peace of mind when it comes to your financial future.

Research shows that people who received financial advice were up to \$100,000 better off at retirement (depending on their age), so it makes good financial sense to invest in a good adviser. Having an appropriate financial plan in place covers more than just investments and insurance.

Find out how you can make the most of your financial situation no matter what stage in life or business you are in.

Call Dobbrick Financial Services on 3281 1300 for an obligation free meeting today.

The information provided is general in nature and does not take into account your particular investment objectives, financial situation or insurance needs; we therefore recommend you seek advice tailored to your individual circumstances before making any specific decisions. Dobbrick Financial Services and its advisers are Authorised Representatives of Fortnum Private Wealth Pty Ltd ABN 54 139 889 535 AFSL 357306 Australia Credit Licence No 357306 trading as Fortnum Financial Advisers.

Official 2016 Ipswich Park2Park merchandise now available!

Purchase online at www.park2park.com.au or on the day in the Park2Park Mall

Proudly servicing the Ipswich region for over 36 years!

dobbrick
FINANCIAL SERVICES

Turn down the noise!

We can turn down the NOISE of mainstream media and find the opportunities that are right for your financial situation.

BOOK YOUR OBLIGATION FREE MEETING
PH: 07 3281 1300

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All purchases support the work of the Ipswich Hospital Foundation and assist us in Becoming the Healthiest Community!



Inaugural *All Things Healthy* Expo inspires life changes

Saturday 11 June saw over 35 health providers come together to share their passion for health service delivery, promotion and prevention.

From prison health service information to Nutrition Australia's cooking demonstrations and yoga classes there was certainly no shortage of action.

Steve Walters kicked off the day with anecdotes from his and his brother's lives and reminded the crowd that it is important to acknowledge your age in looking after your health - the needs of a 25 year old are very different to that of a 50 year old.

The *All Things Healthy* team and sponsors would like to thank health providers and community for making this such a good day. To enquire about being involved in 2017 email chelsea@ihfoundation.org.au

Smart Tank showcased young big thinkers

Ipswich's bravest and most innovative children shared their ideas to improve the health of our community at the Smart Tank Finals held at the *All Things Healthy* Expo.

The finalist's ideas tackled issues which involved the cleaning up the environment, attaining adequate sleep at night, reducing wastage in hospitals and helping disconnected elderly become competent in using technology. The judging panel consisted of Teegan Green a University of Queensland Ph.D. candidate, Adam Atherton a business award winning physiotherapist, St Andrews Private Hospital CEO Chris Went and Chad Renando the start-up accelerator Fire Station 101's community manager.

The top prize of \$1,500 was awarded to a team from Ipswich Girls' Grammar whose business proposal 'Mobile Tech Angels' sought to improve the health of elderly residents in our community with a mobile service to provide them with assistance in using modern technologies.



MORE THAN KNOWLEDGE, YOU'LL DISCOVER BELIEF

The belief you can overcome obstacles and uncertainty. The belief to challenge yourself and break out of your comfort zone, the belief to achieve more than you ever thought possible. Here, you'll Unleash your Fearless.

USQ OPEN DAYS

**TOOWOOMBA | AUGUST 7
IPSWICH | AUGUST 14
SPRINGFIELD | AUGUST 21**

REGISTER AT USQ.EDU.AU/OPENDAY





Race Day Guide

Presented by



12th Annual Ipswich Park2Park Sunday 31 July

Half Marathon | Half Marathon Relay | 10KM Run | 5KM Run | 5KM Walk | Family Challenge | Mascot Marathon

Welcome to the 2016 Ipswich Park2Park

The annual Park2Park Fun Run to raise funds for the Ipswich Hospital Foundation is now one of those 'must attend' events on the fitness and fun calendar every year.

As Mayor of Ipswich and on behalf of all councillors, I am proud to be associated with the Ipswich Hospital Foundation and the great work they do for the community.

This fun run has steadily grown in stature and is a great opportunity for family, friends and work colleagues, to join together and enjoy the camaraderie on the day with other like-minded runners, walkers and fitness gurus.

This day has something to challenge everyone, no matter what their current level of fitness and

ability with the family challenge, 5KM, 10KM, Half Marathon Relay and Half Marathon events. Not to forget the always amusing Mascot Marathon.

The event has not only become a worthwhile event for those very serious about their fitness, but also caters for all members of the family no matter the age or ability.

All participants and sponsors agree this is a worthwhile collaboration for the Ipswich Hospital Foundation.

My congratulations again to everyone involved at the Ipswich Hospital Foundation on their organisation of this event that is so widely supported and appreciated by our community.

Mayor Paul Pisasale, City of Ipswich

Thank you for your support

The wind has a chill to it and the parks and roads are smattered with green-hatted runners training for Ipswich Park2Park – I think it must be winter!

This year our focus for the Ipswich Park2Park is to attract as many Ipswich locals as possible in a bid to help our community become the healthiest in Australia. To this end, Ipswich Park2Park are making the longest leg of the event more accessible with the introduction of a Half Marathon Relay! The relay requires four runners to a team, the first runner will cover a 6.1km distance and the rest of the team will each complete a 5km loop. If you've always wanted to complete a half marathon but your training just isn't up to scratch I urge you to jump online to park2park.com.au to register.

This worthwhile event would not be possible without the help of our wonderful sponsors and of course YOU! The Ipswich Hospital Foundation Board and Staff would like to thank the University of Southern Queensland for signing on as the presenting partner for 2016 as well as local businesses and organisations for their continued sponsorship of Ipswich Park2Park. We are truly grateful to have the ability to continue to produce a professional and widely enjoyed running event.

Neil Harding, Chairman, IHF

**There's still
time to register!
Register online until 3pm
Saturday 30th July
www.park2park.com.au
or in person on the
day from 6am.**

Supporting Youth Mental Health

www.park2park.com.au



West Moreton
Hospital and Health Service

Keep Emergency for emergencies.

Our Emergency Departments across West Moreton are here for one thing only – medical emergencies. Anything else just takes away from more serious patient needs.

If you're not sure, call 13 HEALTH (13 43 25 84) and a qualified registered nurse will help to direct you to the right care, whether it's a GP, pharmacy or Emergency.

Call 13 HEALTH for the cost of a local call 24/7



Queensland
Government



2016 Ipswich Park2Park Race Day Information

This Race Day Guide for the 2016 Ipswich Park2Park is designed to provide you with all the information you'll require on race day. Please take the time to familiarise yourself with the information laid out on the following pages.

Race Kit Collection

Saturday 30 July, 1:00pm-3:00pm
Bill Paterson Oval, Limestone Park Ipswich
Sunday 31 July, From 6:00am
until 30 minutes prior to your event
Bill Paterson Oval, Limestone Park Ipswich

Team Entry

If you are part of a team please check with your team manager whether they will be collecting your race kit as a team collection or whether you need to collect your race kit yourself.

NO race kits will be mailed out.

CHRONOTRACK Timing Device

Race kits include a bib with a chronotrack timing device attached, safety pins and a FREE signature Ipswich Park2Park cap (while stocks) last. In order to receive an accurate time please ensure you bib is:

- your bib number that was assigned to you at time of registration
- clearly visible on the front of your torso
- unaltered and unmodified (do not fold or wrinkle)
- Pinned to all four corners
- Not covered under jackets, runner belts, water bottles, etc



Runner's Etiquette

To ensure everyone has a safe and enjoyable experience, participants should

- Position yourself at the start line relative to your ability and your goal finish time.
- Keep to the left of the course to allow people to pass on the right
- Do not stop or change direction suddenly.
- Be courteous to your fellow participants.
- Always follow the directions of all race officials, SES personnel and emergency services.
- No rollerblading, cycling, skating or skipping.
- **Prams, strollers, wheel chairs and participants with pets should start at the back of the start area.**

Parking

We recommend car-pooling to the event where possible to decrease congestion around the event precinct.

Limited parking is available in the car park off Quarry Street, Ipswich as well as in the surrounding streets for the duration of the event. Lion Street is closed until approximately 7am. After this time Lion Street will re-open & parking is permitted. Please be aware: QLD road rules apply when choosing a parking space around the event precinct. EG. Do not park over driveways, etc.

Baggage

Clothing items/belongings (no valuables) can be left in the baggage area located in the Athletics building at the car park end of the Bill Paterson Oval. To drop off your baggage you will be required to give your bib number to the attendant. This number will be used to identify your bag and will be needed to collect your baggage after your event.

Park2Park Course Map

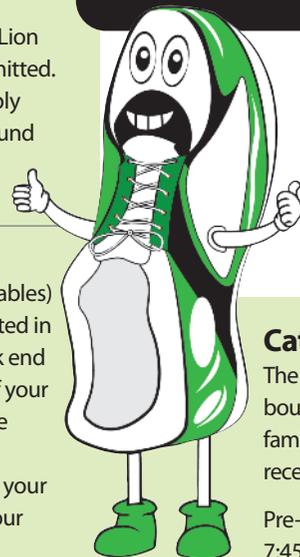
- Start
- Finish
- First aid
- Water stations
- Toilets
- No Parking



Hey kids!

Come and meet Ipswich Park2Park mascot Sneakie on Sunday 31 July!

You and your family can even enter our Catalyst Church Family Challenge!



Catalyst Church Family Challenge

The Catalyst Church Family Challenge is a 700m walk or run just beyond the boundaries of the Bill Paterson Oval, Limestone Park. We encourage the whole family participate in this event together in a safe, fun environment. All finishers will receive a finisher's medallion on completion of the event.

Pre-register online. Collect your bib and donate a gold coin between 7:45 – 9:45am on the morning at the Family Challenge registration.



Exact Radiology
CLINICS

Exact Radiology... Promoting a healthy you!

Clinics are located at Ipswich Riverlink | Ipswich UQ | Sunnybank
Chapel Hill | Springfield Lakes | Inala | Rochedale | Oxley | Gatton

www.exactradiology.com.au



Race Day Program

Event	Start	Bib Colour
The City of Ipswich Half Marathon	6:30am	Black
The City of Ipswich Half Marathon Relay	6:30am	Orange
Exact Radiology 10KM	8:00am	Blue
Half Marathon & Relay Presentations	8:15am	N/A
West Moreton Hospital and Health Service 5KM Run	8:45am	Green
Walker Pender 5KM Walk	9:00am	Red
Catalyst Church Family Challenge	10:00am	Aqua
Jetts Mascot Marathon	10:15am	N/A
All other presentations	10:30am	N/A

Event Precinct - Bill Paterson Oval, Limestone Park Ipswich



Key

- 1. Registration
- 2. Information
- 3. **START**
- 4. Half Marathon Relay Changeover
- 5. FINISH Zone
- 6. Medical
- 7. Toilets
- 8. Child Feed & Change Room
- 9. Baggage
- 10. Stage
- 11. Food & Beverage
- 12. Team Village
- 13. School Hill
- 14. Finisher Photo Frame
- 15. Park2Park Mall

*Locations subject to change on the day



Medical & First Aid

A team of medics will be providing first aid support with two cyclists roaming the course and a first aid tent behind the finish area at the Bill Paterson Oval.

If you require first aid attention on the course, please report to your closest course marshal, SES volunteer or water station.

Finish Zone

On completion of your event, you will be directed through to the finish zone. Here you can collect fruit, water and great offers! A photo finish opportunity is available right outside the finish zone to take your photo in front of the finishers sign. Be sure to get your friends and capture a snap to cherish forever.

Half Marathon

In 2016 the GaleForce Running Squad, supporting the Ipswich Park2Park since 2005 will be setting up a recovery zone especially for the half marathon runners. In the half marathon recovery area GFRS will provide the runners with fruit, staminade, water and Chobani yoghurt all under cover.

Results

Results will be available as soon as possible after the completion of the event. Stay tuned to the Park2Park website for the results link: www.park2park.com.au

Photography

Photos will be available between 30 and 48 hours after the completion of the event. Prices start from \$8.95 for a single high-resolution download. Photos can be accessed via your individual race results or by visiting <http://postrace.com.au/gallery/ipswich-park2park-2016>. All participants will be able to download a personalised finisher's certificate as a memory of the day.

Follow post race on facebook for further updates on event photography.

Team Village

The first 25 teams with 15 or more registered participants will receive a spot in the Coffee Club Team Village. This serves as a great place to meet before and after the events and enjoy some refreshments from The Coffee Club.



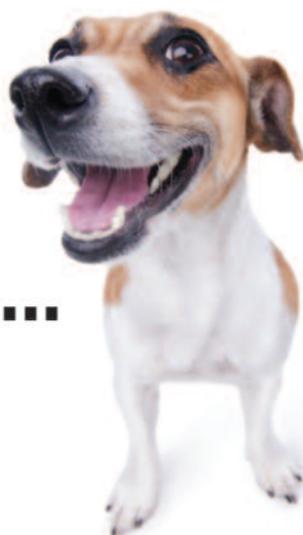
Jetts Mascot Marathon

Novelty run for businesses, organisations or teams. 2016 line up includes:

- 2015 winner Sneakie (Park2Park/IHF)
- Walk on Wheels Warrior (Walk on Wheels Ipswich)
- Reggie (Redrooster)
- Catalyst Tiger (Catalyst Church)
- Constable Clancy (Queensland Police Service)

Heart Foundation
Walking

Go walking...



..find your happy place!

Proudly supported by:



National sponsor

State sponsor



Join a **FREE** Heart Foundation Walking group today. Visit walking.heartfoundation.org.au or call 1300 36 27 87.

Park2Park Mall

University of Southern Queensland

With campuses in Ipswich and Springfield, at USQ you'll find more than knowledge, you'll discover belief. No 1 in Queensland for graduates in full-time work. Discuss with us how to Unleash your Fearless.

West Moreton Hospital & Health Service

WMHHS have a marquee in the heart of the Park2Park Mall. Come and find out more about the services we offer and the employment pathways available.

Catalyst Church

A unique church interested in your health - body, soul and spirit. Visit us to find out more plus free face painting and colouring in for children.

Walker Pender

Walker Pender Group provides personal and professional services to meet your legal, taxation and accounting needs. Our offices are located in Ipswich and Springfield Central. Come along to our stall and meet our team members.

Jetts

Jetts Booval is now bigger and better than ever as they have had a recent refurbishment including a major extension, as well as introducing small group training classes where you can now experience all the benefits of personal training whilst having the boost and extra support from a group! Join the leaders in health and fitness. Come and chat to our friendly staff about membership and begin working out on your terms.

Brooks

Brooks Running is your go-to company for anything and everything related to the run. Visit the Brooks Marquee to enter the competition to win a pair of shoes!

Jamie's Ministry of Food Ipswich

Jamie's Ministry of Food Ipswich teaches hands-on cooking classes with a focus on fresh ingredients and nutrition. These subsidised courses are low cost, fun and delicious! Learn more at our stall or visit www.jamieministryoffood.com.

Child Feed and Change Area

The Australian Breastfeeding Association is Australia's largest breastfeeding info and support service. The local Ipswich Group are here providing comfortable facilities to feed and change your babies.

Australian Dental Association Queensland

Professional association promoting oral health.

ASD Group - Disability Community Awareness

All funds raised from the sale of XS Energy drinks and Nutriway/Bodykey goes to supporting our volunteer role.

Emmett Technique

The Emmett Technique is a light pressure muscle release therapy which relieves pain and discomfort and improve body movement.

Food & Beverage

Jacaranda Clubhouse

Making their famous apple slinkies and selling their freshly made biscuits to raise money for their daily living skills program for people living with Mental Health.

Steggles

Steggles is proud to be involved in our local Ipswich community. Come try our Turkey Shortcuts range at the Stegglers Caravan, and say hi to our friendly team. We're Stegglers for quality.

Ipswich North Rotary

BBQ for participants & supporters. Sausage burgers, deluxe burger with onion & bacon.

Ipswich and District Athletics

Bacon and egg rolls, sausage sizzle and cold drinks. All monies raised for club activities.

Chobani

Chobani's CHOteam will be on site handing out their delicious yogurt - the perfect protein-packed, post-race snack!

The Coffee Club

Excellent coffee at a well-equipped coffee station for you to enjoy on the day.



Free water stations

Five water stations sponsored by Dewdrop Springs and hosted by local secondary school volunteers are located each 1KM around the course.



Water Station 1:

Ipswich Youth Advisory Council

Water Station 2:

Ipswich Girls Grammar School

Water Station 3:

St Mary's College

Water Station 4:

Rosewood State High School

Water Station 5:

Bremer State High School

Is 2016 your 10th Park2Park?

In celebration of the 10th Ipswich Park2Park in 2014 a 10 Year Club was formed.

In recognition of having completed 10 of any of the events you are eligible to be inducted into the 10 year club. You must register and contact us by 5pm Monday 18th July 2016 in order to receive your award and be recognised at the presentations.

Ipswich Park2Park 2016 10 Year Club Honour Board

Name	Park2Park Event/s	Year Inducted
Rebecca Ungermann	21.1KM, 10KM & 5KM	2015
Clara Turner	10KM & 5KM	2015
David Bell	5KM	2015
Wendy Robinson	5KM	2015
Mark Phillips	21.1KM	2015
Gloria Bryson	10KM & 5KM	2015
Kathleen Geipel	10KM & 5KM	2015
Bob Large	10KM	2014
Rob Richards	Half Marathon	2014
Bill Leather	Half Marathon	2014
Graham Phillips	Half Marathon/10KM	2014
Alan Phillips	10KM	2014
Dennis Keller	Half Marathon	2014
Keith Slater	Half Marathon	2014
Cassandra Costello	Half Marathon	2014

The 12th Annual Ipswich Park2Park gratefully acknowledge our sponsors and supporters

Presented by



Beneficiary



Event Partners



Event Supporters and Suppliers



walker pender group

LAWYERS

IPSWICH & SPRINGFIELD

Ph: (07) 3813 7888



Bowen Therapy and the brain



Sam Hamilton
Bowen Therapy Specialist

One of the least understood areas of the body is the brain.

There is something like 600,000 signals that travel from the brain into the body every second and these in turn come back to the brain with information which is then interpreted and sent back out. Whenever we feel, hear, see or even think something, the brain brings in past experience in order to categorise the sensation and create an appropriate response.

In the case of the Bowen move, the brain is unable to do this instantly and needs more information to form a response. Just when the brain is asking for more info, the therapist has left the room, and therefore the brain has to send

specific signals to the area in order to gauge a response. If the client is lying down, the immediate response is nearly always rapid and deep relaxation. The client will also often report that they feel a tingling sensation or warmth in the area just worked. "It felt like your hands were still on me," is a common comment. We believe this demonstrates that because the move is out of the ordinary, the brain is looking for information about what happened.

One of the more difficult elements to come to terms with is how little is done during a session. In addition, the client may well walk out of the treatment room having felt little or no improvement over and above a sense of relaxation. However, the reactions to Bowen in the days following a treatment can often belie its soft and gentle approach. Stiffness, soreness, headache and feeling like "I've been run over by a bus!" are common signs which demonstrate that the brain and body have started the process of repair.

This process, when started, is generally rapid and it is not uncommon for even longstanding pain to be



reduced or resolved in two or three treatments. Most sports- or work-related problems can often be dealt with within the two or three treatments, making Bowen not only good remedial treatment, but cost effective for the client as well.

Clients have reported significant improvements with asthma, migraines, irritable bowel, infertility and other reproductive problems. Even hay-fever has been brought to Bowen.

There are no such things in this life as guarantees and this can be said of Bowen as well. If the body responds to the treatment, then it can and will start the process of repair.

For further information about the benefits of Bowen Therapy visit www.bowen-therapy.net.au or telephone 3201 1959.



P2P Training Sessions

P2P Training	MON	TUES	WED	THUR	FRI	SAT
Running Bill Paterson Oval Limestone Park \$5	5.30pm		5.30am		5.30am	
Women's Running Bill Paterson Oval Limestone Park \$5				5.30pm		
Parkrun Bill Paterson Oval Limestone Park						7.00am
Beginner's Running Bill Paterson Oval Limestone Park \$5						8.00am
Riverlink Walking Riverlink Shopping Centre		7.00am		7.00am		
Orion Walking Orion Springfield Central			7.00am			
Redbank Walking Redbank Plaza	7.00am				7.00am	

For full details & descriptions please visit www.park2park.com.au



USQ Functional Foods Festival highlights health

The University of Southern Queensland is proud to host the USQ Functional Foods Festival, from 8-11 August, 2016.

The Festival features leading experts from USQ and around the world to showcase the importance of what can and should be grown in the region to provide health benefits to communities.

Functional foods are defined as foods that provide nutrition and improve people's health by preventing or reducing chronic and inflammatory disorders, such as obesity.

The Functional Foods Festival will include a one-day Food for Health Symposium, as well as public lectures, to showcase how medicinal properties of certain foods can be identified and translated to provide benefit to the community. This festival

highlights one of the research priorities of USQ which received a rate of '5' in the Excellence in Research for Australia.

The inaugural USQ Functional Foods Festival will be celebrating new opportunities in the global 'super foods' market.

Events

8 August

Food for Health School Lecture
USQ Toowoomba

9 August

Food for Health Public Lecture
USQ Toowoomba

10 August

Food for Health Symposium
USQ Toowoomba

11 August

Food for Health Public Lecture
USQ Ipswich

www.usq.edu.au/functional-foods





Pyjama Angels raise funds and literacy levels

Ipswich business Brett Smith and Co Solicitors are rallying behind their staff in a bid to raise funds for National Pyjama Day.

Staff member Sarah Haines has recently joined the cohort of Pyjama Angels at The Pyjama Foundation.

Pyjama Angels have the important job of spending an hour or two reading with children who are in foster care, sharing a love of learning through reading.

Ipswich Hospital Foundation and local food author Lynette Duffy are supporting the day by donating her *Back to Basics* cook books for Sarah to share with the children.

Wear your pyjamas on Friday 22nd July for the day to support children in care. To donate, visit the website www.the-pyjama-foundation.giveeasy.org/campaigns/brett-smith-co-pyjama-day-2016

Get your own *Back to Basics* Cook Book

To purchase your copy of *Back to Basics* by local author Lynette Duffy for only \$15 contact Ipswich Hospital Foundation at Shop 3, 1 Bell Street Ipswich or email chelsea@ihfoundation.org.au



Sarah Haines and Jess Winstone are all set to raise funds on National Pyjama Day, Friday 22nd July.



Sabra Manttan
Journalist

Healthy Living Ipswich contributor Sabra Manttan has a passion for food. Not just any food but healthy food that's fun to make and delicious to eat. Sabra is a qualified and practiced journalist who has returned to University to study Nutrition. Keep reading *Healthy Living Ipswich* magazine for more of her healthy eating tips in coming months.

Find out more at [facebook.com/healthylivingipswich](https://www.facebook.com/healthylivingipswich)

Healthy Food Swaps

Swap Burritos for delicious Rye Wraps

- Rye Wraps
- Turkey Mince
- Herbs – to taste
- Shredded Lettuce, Carrot
- Diced Capsicum, Tomato

Burritos can often be oily and greasy even without the added melted cheese! You can make a healthy alternative at home by simply swapping a few ingredients around. Instead of store bought hard shell burritos simply use rye wraps, they will still provide a great taste but they also help keep you full for longer and provide an excellent source of fibre.

Once you have your rye wrap base you simply need to fill your burrito. The usual lettuce, carrot, capsicum and tomato are more than welcome but try opting for turkey mince as an alternative to heavier beef options. Turkey mince is a rich source of protein but lower in calories than red meat while still remaining an excellent source of iron, zinc, potassium and vitamin B. Rye wraps toast extremely well so pop your healthy burrito into a sandwich press for 30 seconds or so to get that added burrito crunch.





Get Fit4Life for less cost



For just a \$15 donation per fortnight you are entitled to unlimited Fit4Life classes, discounts to IHF healthy events and merchandise, member's prize draws and your own membership card.

The IHF membership will not only save you money if you are a regular attendee at IHF activities, it will mean you have membership to a group which is striving to become the Healthiest Community in Australia.

Visit www.ihfoundation.org.au to join.



FIT4LIFE Low Cost Fitness Activities

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information please visit www.ihfoundation.org.au or phone 1300 736 428. Maximum class cost \$5.

Winter Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Fitness Bundamba State Primary School				5.30pm		
Redbank Walking Redbank Plaza	7.00am				7.00am	
Boxercise Cameron Park Scout Hall Booval			5.30pm			
Circuit in the Park Limestone Park		9.00am				
Running Bill Paterson Oval Limestone Park	5.30pm		5.30am		5.30am	
Energiser Amberley District State School	5.30pm					
Riverlink Walking Riverlink Shopping Centre		7.00am		7.00am		
Circuit in the Park Cameron Park Scout Hall Booval	5.30pm					
Mums & Bubs Fitness Queens Park Nature Centre				8.30am		
Mums & Bubs Robelle Domain stage					8.30am	
Low Impact Ipswich North Uniting Church Brassall	10.00am					
Orion Walking Orion Springfield Central			7.00am			
Park Run (near) Bill Paterson Oval Limestone Park						7.00am
Aqua Fitness Leichhardt Swim Centre				9.30am		

Healthy Living Health & Fitness Directory



60 AND BETTER
You can't turn back the clock, but you can wind it up again!

Weekly fun fitness activities for the 60 and better!

Square Dancing

Beginners Monday 12.00-1.00pm
1.00-3.00pm
\$3, \$6 Caller costs
Annex, Humanities Building
56 South Street Ipswich

Boccia

Tuesday 9.00-12.00pm
\$2 donation welcome
Includes morning tea
Annex, Humanities Building
56 South Street Ipswich

Table Tennis

Tuesday 1.00-4.30pm
Friday 1.00-4.30pm
\$2 donation welcome
Bring afternoon tea to share
Annex, Humanities Building
56 South Street Ipswich

Tai Chi for Diabetes

Wednesday 2.00-3.00pm
\$5 instructor costs
Cafeteria, Level 1,
Humanities Building
56 South Street Ipswich

For further information please contact Ipswich 60 and Better Program on 3282 8644 or www.60andbetteripswich.com.au

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1 MAY - 31 JULY 2016

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- ➔ **Half Marathon Relay**
- ➔ **10KM**
- ➔ **5KM Run**
- ➔ **5KM Walk**
- ➔ **Family Challenge**
- ➔ **Mascot Marathon**



www.park2park.com.au

31 July 2016