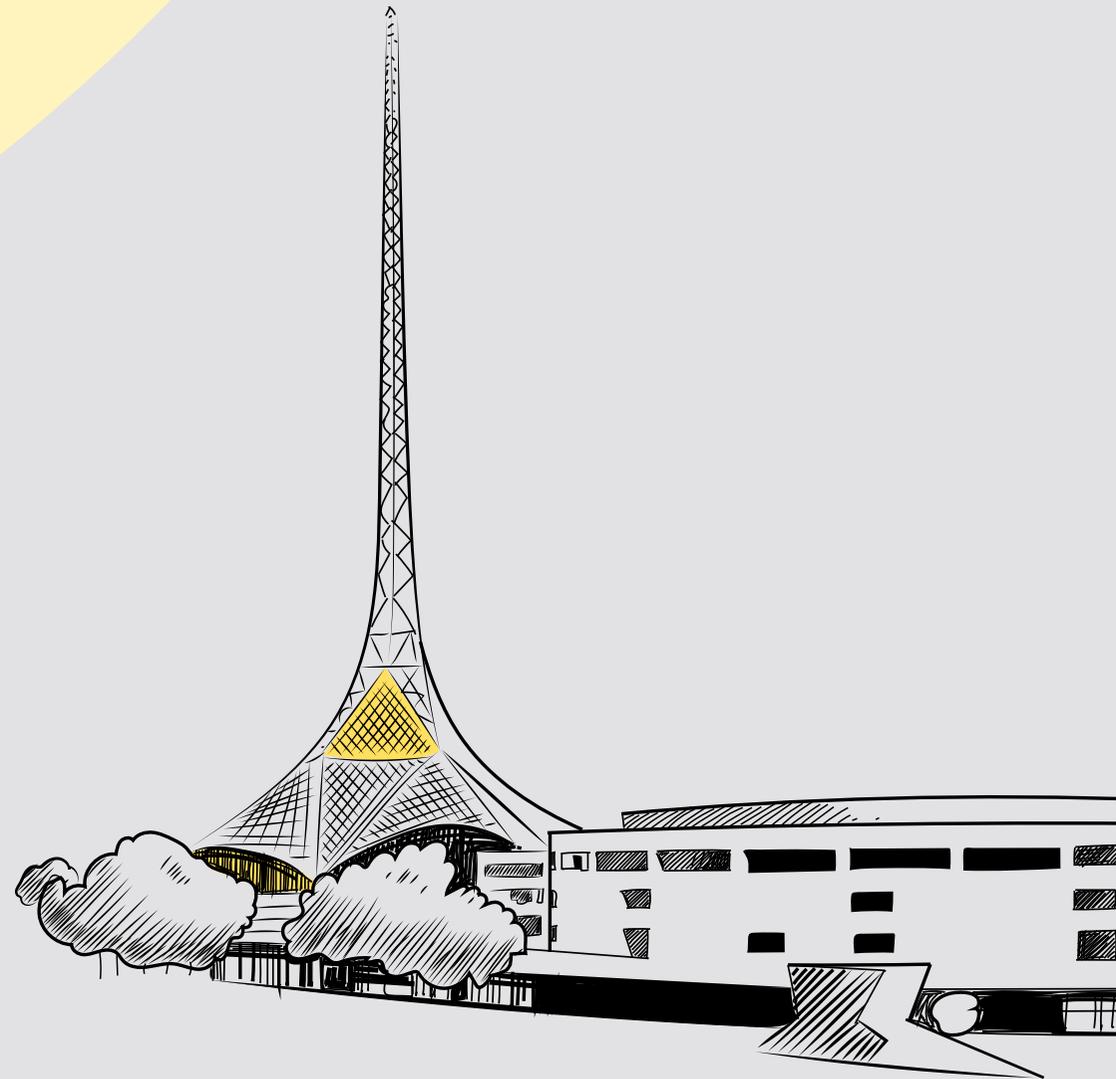


Leaps -AND- Bounds



ANZCA
FPM

2021 ANZCA ASM
Get social



Opening the door to Melbourne - Online

Get your ticket to experience Melbourne like you never have before. Open to all delegates and their partner/family. Please note that age restrictions may apply to some activities. To secure your place, bookings must be made by Friday 26 March 2021. Any bookings made after this date are subject to availability. All prices are quoted in Australian dollars and include GST.

G. Pump

G. Pump (re) launched in July of 2020 in the wake of the pandemic when incidental exercise disappeared, motivation left the building and people needed a purpose in their day.

Enter G. Pump... it's fitness reinvented, on-demand. No burpees. No boredom, just good vibes and sweaty times.

Think exceptionally vibey beats and hip thrusts which you can do whenever, wherever. It's going to change the way you feel about exercise and yourself, on the inside and out. We invite you to join us in brightening your day, getting stronger, and having a blast from the comfort and safety of your living room.

All you need is space to move, and a mat or towel to cushion your floor work. Wear supportive shoes and activewear that lets you move freely. By the end of this 45 minute workout, you'll feel amazing! We warn you - this feeling is addictive. #LetsPump

Disco – full body workout, featuring cardio and mat work

Tuesday 27 April

OA01A 7-7.45am

Cost: \$A15

90's 45min - full body workout, featuring cardio and mat work

Wednesday 28 April

OA01B 7-7.45am

Cost: \$A15

The best of G. Pump – full body workout, featuring cardio and mat work

Thursday 29 April

OA01C 7-7.45am

Cost: \$A15

Mabu Mabu online damper making

Tuesday 27 April

OA02: 7-8pm

Cost:

\$A85 (including damper kit, Australia and New Zealand residents only)

\$A55 (buy your own ingredients from the supermarket)

In this online experience, Meriam chef, Nornie Bero will share her love of Australian native ingredients in a damper making demonstration, and show participants how they can incorporate Indigenous ingredients and flavours into their own home cooking. Nornie will make a variety of dampers in Torres Strait Islander style – wrapped in banana leaves and baked with pumpkin, wattleseed and saltbush varieties. She'll share tips on how to get the perfect damper softness, and where to source ingredients.

Yoga

Lisa Ball is a yoga and meditation teacher who is passionate about supporting people to connect with their own deep wisdom and to live with authenticity, freedom and purpose. With a background as a corporate lawyer, Lisa's teachings are grounded, supportive and offer a safe space to uncover ease and joy inside of our own bodies.

Cultivating energy and clarity

Wednesday 28 April

OA03A: 1.30-2.15pm

Cost: \$A12

This yoga class will focus on cultivating energy and clarity. There will be meditation, mindful movement and a guided relaxation to end. This class is suitable for all levels of yoga experience. You will leave feeling energised and grounded.

Metta – cultivating compassion for ourselves and others

Thursday 29 April

OA03B: 1.30-2.15pm

Cost: \$A12

This yoga class will focus on the Buddhist practice of Metta – cultivating compassion for ourselves and others. There will be a guided Metta meditation followed by a slow and soothing yoga practice designed to invite connection to our own hearts. This class is suitable for all levels of yoga experience. You will leave feeling connected and present.

Moving meditation

Friday 30 April

OA03C: 1.30-2.15pm

Cost: \$A12

This yoga class will be a moving meditation to allow for greater presence and flow. Using slow, steady, repetitive movement, you will experience movement as a portal into presence. This class is suitable for all levels of yoga experience.



The Melbourne Gin Company - Gin in culture

Wednesday 28 April

OA04: 7-8pm

Cost: \$A165 for Australian residents and \$A181 for New Zealand residents

**This activity is appropriate for persons over the age of 18 years.*

Established in 2012, The Melbourne Gin Company (MGC) sets out to create gin of flavour, character and distinction. Founder and owner Andrew Marks will give an insight about the distillery, the brand and the process of gin making. Hugh Leech will show you how to make tasty gin cocktails in your home and share the experience with friends and colleagues.

MGC will supply cocktail packs which will be posted to participants before the event. The packs will be available to Australian and New Zealand residents only. All participants must be over the age of 18 years.

We want to give you an experience of Melbourne wherever you are. We will continue to explore opportunities which further open the door to Melbourne!

Cork and canvas

Monday 3 May

OA05: 11am-1pm

Cost: \$A85

We introduced Australia to paint and sip in our studios over seven years ago. Now, we're bringing our painting and sipping experience directly to you!

So, why not gather a few friends, family and colleagues for a fun experience. Our professional artists guide you step-by-step from start-to-end how to paint your chosen painting. You will all have live interaction with our artists throughout your event just like you would in our studios!

Inclusions:

- Providing painting kits to virtual delegates located in Australia and New Zealand.
- Materials include canvas, palette and brushes.

Milk the Cow - Cheese and wine tasting

Monday 3 May

OA06 new time: 8.30-9.30pm

Cost: \$A165

**Please note delivery will be to interstate metro areas only. This activity is not available for delegates based in Western Australia, Northern Territory and international – just a touch too far for the cheese to travel!*

***This activity is appropriate for persons over the age of 18 years.*

Join an expert cheesemonger from Milk the Cow licenced fromagerie for a virtual cheese and wine tasting session. You'll receive a custom hamper box of three cheeses, perfectly matched to a bottle of wine. Dial in for an interactive tasting session that spans the country, with everyone sampling the same cheese at the same time. Learn about the artisan methods, flavour profiles and wonderful stories behind three artisan cheeses, and how to match them to wine.



ANZCA Social Functions:

STEMM breakfast

Thursday 29 April

7.30-8.30am

Wake up early and take a first bite for the day and hear from Professor Kulkarni.

Professor Jayashri Kulkarni commenced her appointment as professor of psychiatry at The Alfred and Monash University in 2002. She founded and directs the Monash Alfred Psychiatry Research Centre (MAPrc): a large group dedicated to discovering new treatments, new understanding and new services for people with a range of mental illnesses.

She graduated in medicine from Monash University in 1981 and became a fellow of the College of Psychiatrists in 1989. She has conducted ground breaking clinical research since then and is internationally acknowledged as a leader in the field of women's mental health, in particular for her innovative work on reproductive hormones and mental illness.

She received an Order of Australia (AM) in 2019 for her services to psychiatry.

ANZCA and FPM trainee evening

Thursday 29 April, 7-8.30pm

Are you at the end of your traineeship and wondering where to from here? What will my career path look like? If these questions are on your mind, come along and be part of the discussion. In this session we will hear from leaders in medicine sharing their experiences in leadership in the workplace and beyond. Take the leap and participate.

