

free to attend!



aberdeen
health &
wellbeing
festival

Speakers

Saturday
11 January 2025
9am — 5pm

Beach Ballroom
Beach Promenade
Aberdeen

Main Sponsor

OMEXOM

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MEARNS & GILL

TIME	SESSION	SPEAKER	COMPANY	TITLE
9.00am	Welcome	Sarah Rochester		Welcome to Aberdeen Health and Wellbeing Festival
9.05am	Energy Bursts			
9.10am		Caroline Laurensen	Kinspace	The Power of Daily Journaling: Lessons from a Year on TikTok
9.15am		Laura Leslie	Laura Leslie Health	Reflux Revolution
9.20am		Wendy Gray	Wonder Health & Wellbeing	PI Power Up; unleash YOUR untapped intelligence lifehacks
9.30am	Talk	Dr Jenny Sudder	Natural Approaches to the Menopause – and why they work	Wellbeing & Homeopathy
10.15am	Panel Session			Changing Perspectives (5 minute talks and then panel)
		Frank Gilfeather	The Noble Art	
		Lee Donald	Lee Donald Personal Training	
		Claire Sim	Geoactive	
		David Jarvis	Team UK Ambassador Invictus Games	
		Tom Stoltman	The Stoltman Brothers	
11.30am	Talk	Prof. Alexandra Johnstone	The Rowett Institute	Supporting Women's Health to Reduce Dietary Health Inequalities
1.00pm	Panel Session			Youth Wellbeing (5 minute talks and then panel)
		Kirsten Colquhon	Education Author	
			Mental Health Aberdeen	
		Hannah Miley	Triple Olympian, Female Health Advocate	
		Dr. Adrian Crofton	River Dee Medical Group	
2.30pm	Energy Bursts			
2.35pm		Elaine Cochrane	Yoga by Elle	What is Yoga Therapy?
2.40pm		Cameron McCready	Home Start	Early Intervention in Early Years
2.45pm		Starkeeper	Haven Stonehaven	The WE in Wellbeing
2.50pm		Hannah Saum	UK Sepsis Trust	Awareness of Sepsis
3.00pm	Panel Session			Looking After Your Wellbeing at Work
		Kim Woolner	Holding Space	HR and Wellbeing Consultant/Complementary Practitioner
		Steve Mosley	Omexom	
		Kris Urquhart	Brimmon Financial Planning	
		Lisa Watt	Aberdeen Sports Village	
		Graeme Kinghorn	Mental Health Aberdeen/Mental Health Charter	
4.30pm	Talk			
4.30pm		Dr Monika Gostic		Inflammation
5.00pm	Final Thank You's	Sarah Rochester		