



1 October 2022 09:30 - 17:00  
FREE ENTRY TO SPEAKERS AND STALLS

A day for everyone from young to old to **INSPIRE**, **EDUCATE** and **MOTIVATE** you into taking control of your own health and wellbeing.

Come along and listen to our fantastic speakers, try out our exciting interactive workshops (small fee) and browse the stalls. Booking required for talks and workshops.

SPEAKERS

**Hannah Miley MBE**

Local Olympic swimmer will be talking about sport, success and resilience.

**Dr Emma Hepburn aka @thepsychologymum**

Clinical psychologist and author in conversation discussing wellbeing post Covid.

**Professor Alexandra Johnstone**

Nutritionist scientist at the Rowett Institute, will discuss if *when* we eat is as important as *what* we eat.

**Dr Julie Gray**

Local medical doctor and triathlete will discuss how small lifestyle changes can have big health impacts.

**Dr Andrew Dallas**

Chair of Highland Healthcare for Climate Action will be discussing the health impacts of a changing climate.

**Gwen and Allen Robertson**

Scotland's Decider Skills Trainers will share how these CBT based strategies can help your and your children's mental health.

Family Friendly - try Family Yoga, the Tough Monkeys Obstacle Course or one of our other kids activities.



Full details including booking links at [www.abdnhealthandwellbeingfest.com](http://www.abdnhealthandwellbeingfest.com)

Sir Ian Wood Building, Robert Gordon University, Garthdee Road, Aberdeen AB10 7GJ

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