



3POINTS CONNECTION | 2017

Brain Health for Creativity, Inclusivity and Aging

**Venue: Commonwealth Bank Business and Private Banking
Level 9, Darling Park Tower 1 | 201 Sussex Street
Date: Friday 17th March 2017 12:00pm – 4:30pm**

This inspiring workshop hosts Barbara Arrowsmith who has designed the Arrowsmith program. The genesis of the Arrowsmith Program of cognitive exercises lies in Barbara Arrowsmith Young's journey of discovery and innovation to overcome her own severe learning disabilities. Barbara is the author of the international bestseller, *The Woman Who Changed Her Brain* and she will be launching her updated book at this workshop.

Time	Agenda – Friday 17th March
12:30pm	Register meet Barbara and lunch
1:00pm	Barbara Arrowsmith <i>A Personal Journey into the World of the Brain: Shaping the Mind</i>
2:30pm	Coffee and book signing
3:00pm	3Bridges Brain Health, Creative Pathways and Inclusive Volunteering
3:45pm	<p>Partners In Inclusivity – Panel Discussion</p> <p>Barbara Arrowsmith Young Rosemary Bishop, 3 Bridges CEO Wendy Haigh, Stronger Brains Guest Speaker from the Centre for Disability Studies Sydney University</p>
4:30pm	Plenary and close
	Drinks and book signing with Barbara