

free to attend!



aberdeen  
health &  
wellbeing  
festival

# Speakers

Saturday  
13 January 2024  
9am — 5pm

Beach Ballroom  
Beach Promenade  
Aberdeen

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MEARNS & GILL

TIME	SESSION	SPEAKER	COMPANY	TITLE
<b>9.00am</b>	Welcome	Sarah Rochester		Welcome to Aberdeen Health and Wellbeing Festival
<b>9.05am</b>	Energy Bursts	Dr Lee Allen	Phyte Club	The C Word and Cannaboids
		Emma Ross	Urban Wellness	Chaos to Calm: Reset your nervous system with Urban Wellness Float
		Caroline Laurenson	KindSpace	Create your kindspace
		Dr. Aileen Alexander		Diet Buster
<b>9.45am</b>	Mental Health Hour Panel Session & Q&A	Dr Lynne Taylor	Scottish Government	Mental Health Matters: Destigmatising, Understanding, Supporting
		Dr Emma Hepburn	The Psychology Mum	
		Darren Sutherland	Mental Health and Wellbeing Charter	
		Laura Simmons	Head of Counselling Services, MHA	
		Marie-Isabelle Fleuri	Global Wellbeing Manager, SLB	
		Tom and Luke Stoltman	The Stoltman Brothers	
<b>11:00am</b>	Talk	Prof. Alexandra Johnstone	The Rowett Institute	The Role of Protein
<b>12.00pm</b>	Children's Hour Panel Session & Q&A	Louise Hastie	Movement Evolution	Movement Literacy - the importance of developing competent and confident movers for physical, cognitive and emotional development
		Jamie Murray & Carys Barclay	NSPCC	Listening to and supporting young people and children
		Kirsten Colquhoun	Working on Wellbeing	Teenagers, stress and exam success
		Rebecca Neill		Parenting – A focus to you
<b>2.00pm</b>	Energy Bursts	Grant Samson	Oxygen Experience	Oxygen Experience - A step into the unknown
		Stefanie Cumming	CNM Health Coaches	How to maintain healthy habits
		Birgit Itse		How to turn weaknesses into strengths with the power of words
		Laura Leslie		Mood Food
<b>2.40pm</b>	Men's Hour Panel Session & Q&A	Matt Middler	Matt Middler Coaching	From Awareness to Action: Redefining Health and Wellbeing for Men
		Colin Mckay		
		Dr Greig Nicol	Scotland FA National Team, AFC	
		Scott Brander	Andy's Man Club	
		Marie-Isabelle Fleuri	Global Wellbeing Manager, SLB	
<b>4.00pm</b>	Women's Hour Panel Session & Q&A	Dr Samantha Whiteside	GP, ROC, menopause expert	Navigating Women's Wellness: Challenges and Solutions
		Laura Patterson	ReformPhysio & Pilates	
		Dr Monika Gostic	Dr Monika Gostic Nutrition	
<b>5.00pm</b>	Final Thank You's	Sarah Rochester		