



### Saturday 31 May 2025

8:15 – 8:30am	Welcome – Dr Helen Alevaki
8:30 – 10:00am	<b>Physiotherapists Role in Optimising Birth Outcomes</b> - Angela James
10:00 – 10:30am	<b>Morning Break</b>
11:00 – 12:00pm	<b>Primal Biology &amp; Modern Birth</b> - Danae Cappelletto
12:00 – 12:45pm	<b>How to Best Support a New Family for their 4th Trimester and Beyond</b> – Janine Armfield
12:45 – 1:30pm	<b>Lunch</b>
1:30 – 2:45pm	<b>The 5 Diaphragms – Managing the Pelvis and Pelvic Floor in Pregnancy and Beyond</b> – Dr Janine Kinahan
2:45 – 3:30pm	<b>Session TBA</b> – Dr Christian Fludder
3:30 – 4:00pm	<b>Afternoon Break</b>
4:00 – 5:00pm	<b>Nutrients and the Nervous System: From Preconception to Early Life</b> – Nick Breen
	Day Concludes

### Sunday 1 June 2025

8:30 – 10:00am	<b>Why the Neonate History Matters</b> – Dr Christian Fludder
10:00 – 10:30am	<b>Functional Gastrointestinal Disorder in the Newborn (FGID)</b> Dr Janine Kinahan
10:30 – 11:00am	<b>Morning Break</b>
11:00 – 12:00pm	<b>Empowered Motherhood: Exercise During the 3rd and 4th Trimesters of Pregnancy</b> - Dr Kate Deaves
12:00pm-12:30pm	<b>Symposium Close</b>