

YOU Inc. invites YOU all to join us on  
4<sup>th</sup> March 2023

**Where: Nurses Memorial Centre**  
**Slater Street, off St Kilda Road**  
**Melbourne Vic**

**Arrive: 10.00am**

**Start: 10.15am - 2.00pm**

**A Gold coin donation on admission**

Tea, coffee, drinks and a light lunch will be provided

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**Rita Doherty - Mind & Body Focus - Meditation**

Rita will be focusing on how meditation can lift your mind, body and spirit, something we are sure everyone can practice !

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**STN - Judy Wells**

(Clinical Nurse Consultant - Royal Children's Hospital Melbourne)

Judy will be speaking on childhood issues such as slow transit, gastroparesis, constipation and childhood issues resulting in stoma surgery.

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**TRADE DISPLAYS (Ostomy Companies)**

Six Companies will be attending with their products which is the perfect opportunity to come along and ask questions and perhaps find something new !

We are "zooming" these presentations for those who can't make it !  
If anyone is interested in the zoom meeting, please send your email address to [helshae@hotmail.com](mailto:helshae@hotmail.com) or [youincsecretary@gmail.com](mailto:youincsecretary@gmail.com) and Bonnie will send you a link prior to the day with instructions on how to log in.

See YOU there!