



The Friends of St Mark's guest speakers

Successful Ageing: Making small changes for big gains



Dr John Best and
Dr Gary Shiels, PhD AM
will present this timely topic



where we will look at up to date research on how we can live well – body, mind and spirit – through our seasons of life.

When: Thursday 27 June 2024, 12pm – 1:30pm

Where: Upstairs Parish Hall, St Mark's Church

Price: \$30 per person - A light lunch will be served

RSVP: By 14 June 2024 at www.stmarksdp.org/whats-on

Please email fosm@stmarksdp.org

for any dietary or accessibility needs or if cost is an issue for you.

Dr John Best is a member of St Mark's Anglican Church. A Sports and Exercise Physician, John has worked in elite sports for 30 years including time as the Wallabies (Australian Rugby) doctor and the national Rugby League. He has lectured on healthy body, mind and spirit extensively and loves to see people make healthy life choices. He is hoping to have a men's health book published this year.

Dr Gary Shiels, PhD AM was recently awarded an Order of Australia (AM) for his significant contribution to town planning and the community. He has a PhD in Planning for Ageing. His interest in health and the ageing process resulted in, his then company, GSA Planning becoming specialists in seniors housing and retirement living development.

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