

SUMMIT AGENDA

DAY 1: SATURDAY 31 OCTOBER

8:00 - 9:20am	Registration & Welcome Coffee	
9:20 - 9:25am	Welcome & housekeeping	MC - Dr Lauren Burns (PhD)
9:25 - 9:45am	Opening Introduction	Dr Michael Osiecki
9:45 - 10:45am	Sleep is Medicine: Harnessing Sleep Science for Longevity, Lifespan and Healthspan	Olivia Arezzolo
10:45 - 11:00am	Q&A	MC - Dr Lauren Burns (PhD)
11:00 - 11:30am	Morning Tea	
11:30 - 12:15pm	Nourishing the Mind: Practical Applications of Nutritional Psychiatry Research	Dr Tetyana Rocks (PhD)
12:15 - 12:30pm	Q&A	MC - Dr Lauren Burns (PhD)
12:30 - 2:00pm	Lunch	
2:00 - 3:00pm	Brain Health Fitness: Neuroplasticity and the Future of Human Health	Prof. Selena Bartlett
3:00 - 3:15pm	Q&A	MC - Dr Lauren Burns (PhD)
3:15 - 3:45pm	Afternoon Tea	
3:45 - 4:30pm	Is it ADHD, or is it Something Else?	Dr Frank Golik
4:30 - 5:15pm	Beyond the Hazard Zone: Decoding PMDD Through Genetics, Cannabinoids & Neurotransmitter Chaos	Tanya Borowski
5:15 - 5:30pm	Q&A & Event Close	MC - Dr Lauren Burns (PhD)
5:30 - 7:30pm	Networking Drinks + Live Music (Anne Street Lobby)	

SUMMIT AGENDA

DAY 2: SUNDAY 1 NOVEMBER

7:30 - 8:30am	Coffee & Connect	
8:30 - 8:45am	Welcome	MC - Dr Lauren Burns (PhD)
8:45 - 9:45am	Comfort is Overrated: Curiosity, Capacity, and the Courage to Be Better	Pettina Stanghon
9:45 - 10:00am	Q&A	MC - Dr Lauren Burns (PhD)
10:00 - 10:30am	Morning Tea	
10:30 - 11:15am	The Socially Inflamed Brain: How Social Stress, Isolation and Defeat Drive Neuroinflammation	Sue Camp
11:15 - 12:00pm	Sleep for Life: How Good Sleep Supports Healthy Brain Ageing	Assoc. Prof. Stephanie Rainey-Smith
12:00 - 12:15pm	Q&A	MC - Dr Lauren Burns (PhD)
12:15 - 1:45pm (12:45 - 1:15pm)	Lunch & PIA Research Findings	Dr Michael Osiecki
1:45 - 2:30pm	The Missing Link in Neuro-Resilience: Why Oral Health, Breathing, and Structure Matter in Recovering Sleep, Brain, and Nervous System Health	Dr Tom Wauchope (Holistic & integrative dentist)
2:30 - 3:15pm	A Functional Medicine Perspective of MS	Jo Gamble
3:15 - 3:30pm	Q&A	MC - Dr Lauren Burns (PhD)
3:30 - 3:45pm	Draw Lucky Door Prize, Close	MC - Dr Lauren Burns (PhD)
3:45pm	Finish	