



AADAI ANNUAL SEMINAR

Don't miss our annual online seminar!
Enjoy engaging presentations and bring your questions for this year's experts to answer. It's a great opportunity to be inspired as well as connect with our supportive community.

Healthy Body Healthy Bones

OUR GUEST SPEAKERS



A/PROF CHRISTIAN GIRGIS

MBBS (HONS) BSC(MED)
PHD FRACP,
ENDOCRINOLOGIST

A/Prof Christian Girgis is an endocrinologist specialising in osteoporosis, metabolic bone disorders, and bone loss in cancer patients. He leads the Osteoporosis and Metabolic Bone Disorders service at Westmead Hospital and is an honorary consultant at Royal North Shore Hospital, with extensive research and clinical experience both in Australia and the USA.



DR CASSANDRA SMITH

PhD MSc BSc ESSAM
AEP/AES - ACCREDITED
EXERCISEPHYSIOLOGIST

Dr Cassandra Smith is an Accredited Exercise Physiologist and Scientist with over 15 years' clinical experience. She is the Heart Foundation and Vice Chancellors Postdoctoral Research Fellow at the Nutrition Health & Innovation Research Institute at Edith Cowan University, specialising in understanding why ageing and menopause cause calcium to leave bones (causing osteoporosis) and build up in blood vessels, increasing heart disease risk, and how prevention strategies (exercise) can help.



FREE ONLINE EVENT

SATURDAY
23rd MAY 2026



FROM - TO
3:30PM - 5:00PM



BOOKINGS

Register at

[http://www.TryBooking.com
/events/landing/1557330](http://www.TryBooking.com/events/landing/1557330)

or scan the
QR Code.
A Zoom link
will be sent
before
the session.

