

# This is what I Know .....

A collective poem by Conference Participants  
2022 Enhancing Practice Conference  
Wollongong, NSW



## WELLBEING INTERACTIVE SESSION

Wednesday 6<sup>th</sup> April, 1130 – 1155

**Susan Dyer & Kasey Medlow**  
**South Australian Practice Development Network**  
**Women's & Children's Health Network**



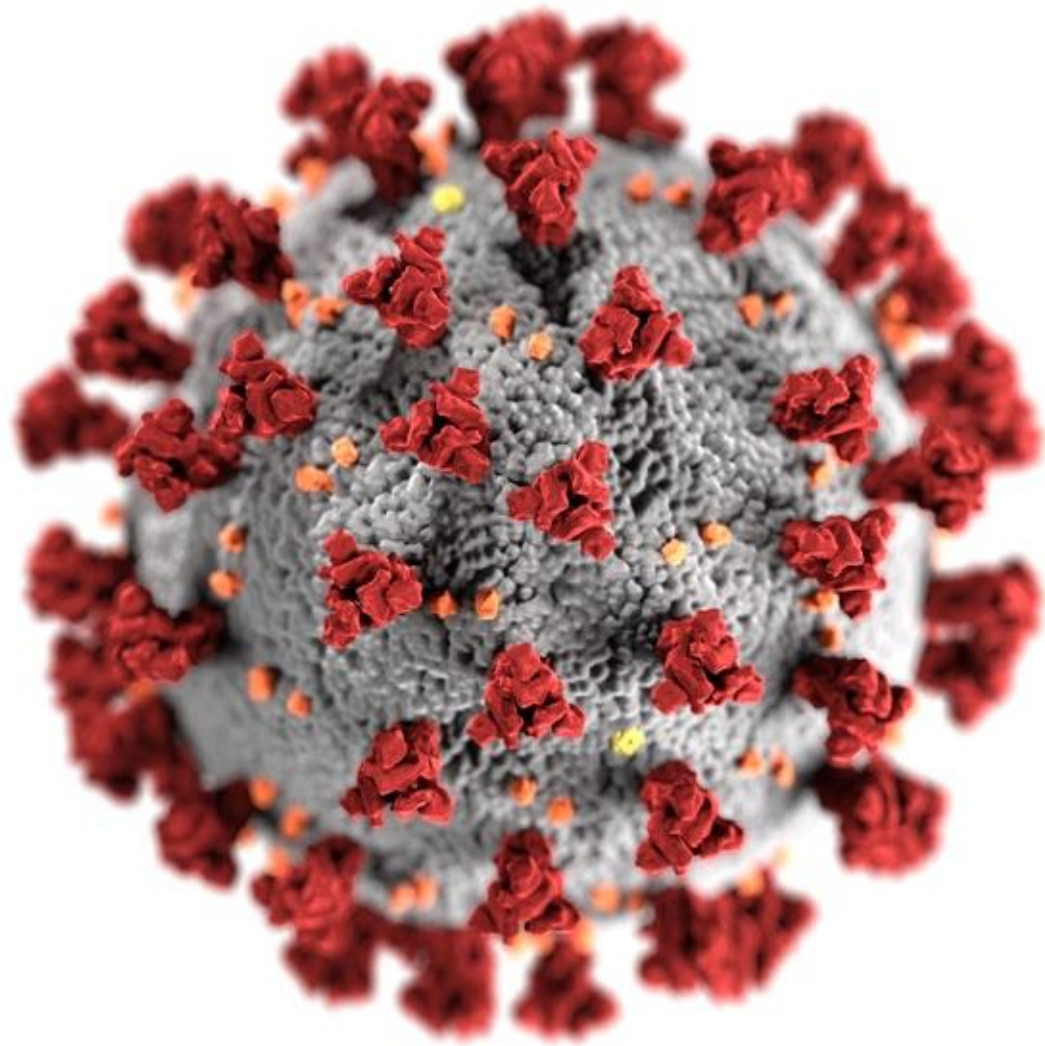
**Government of South Australia**

Women's and Children's  
Health Network





C O R O N A V I R U S









STAY SAFE

























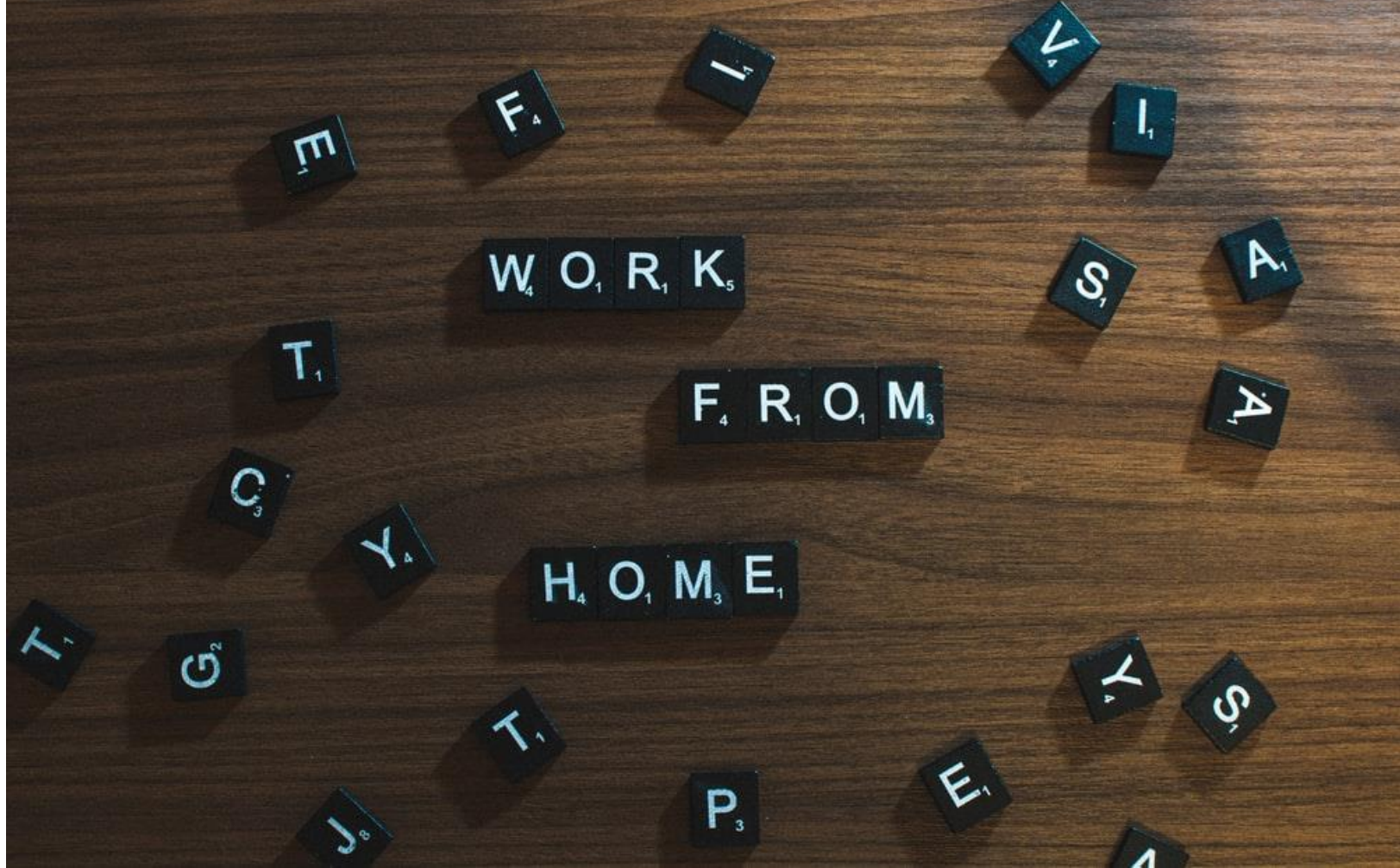






















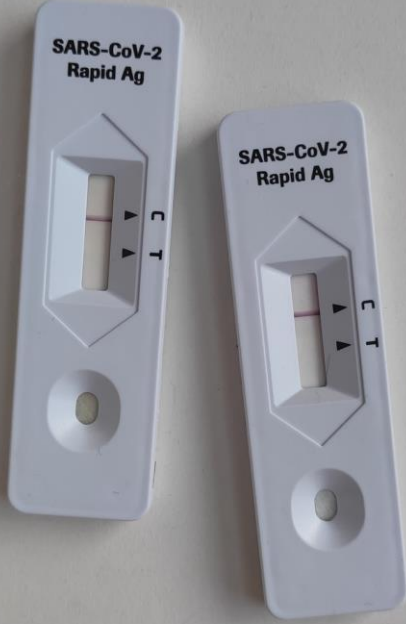
































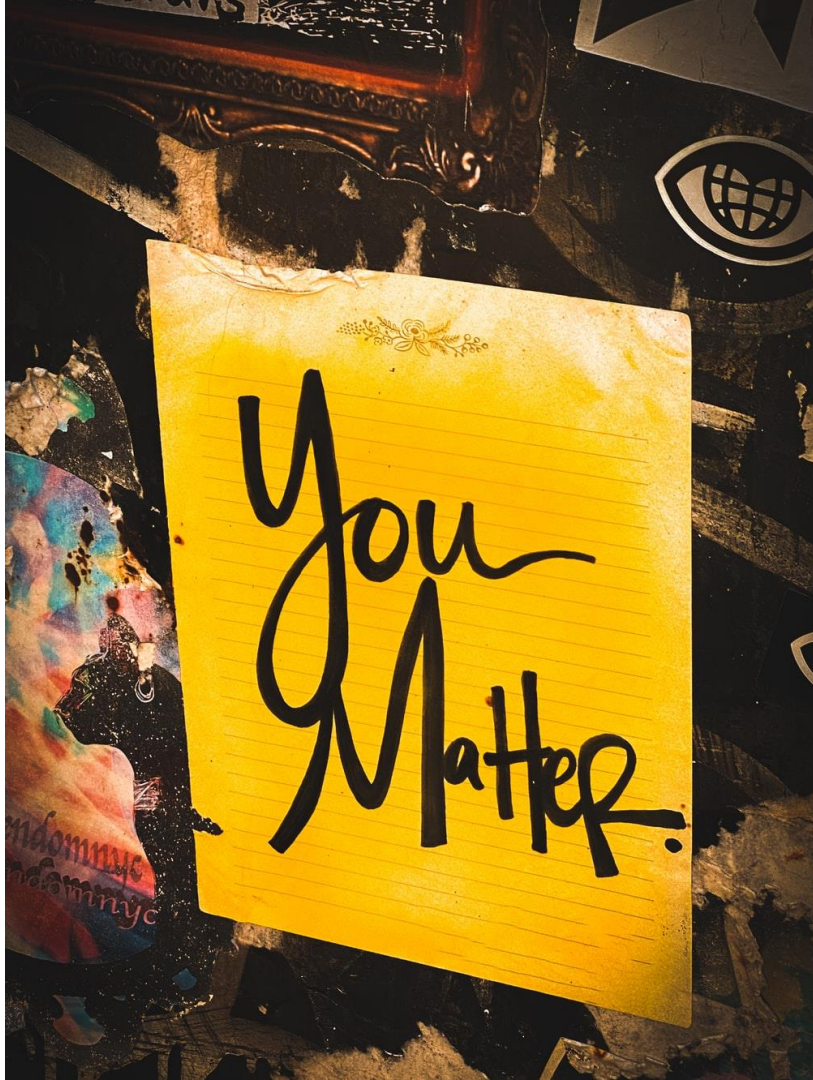


































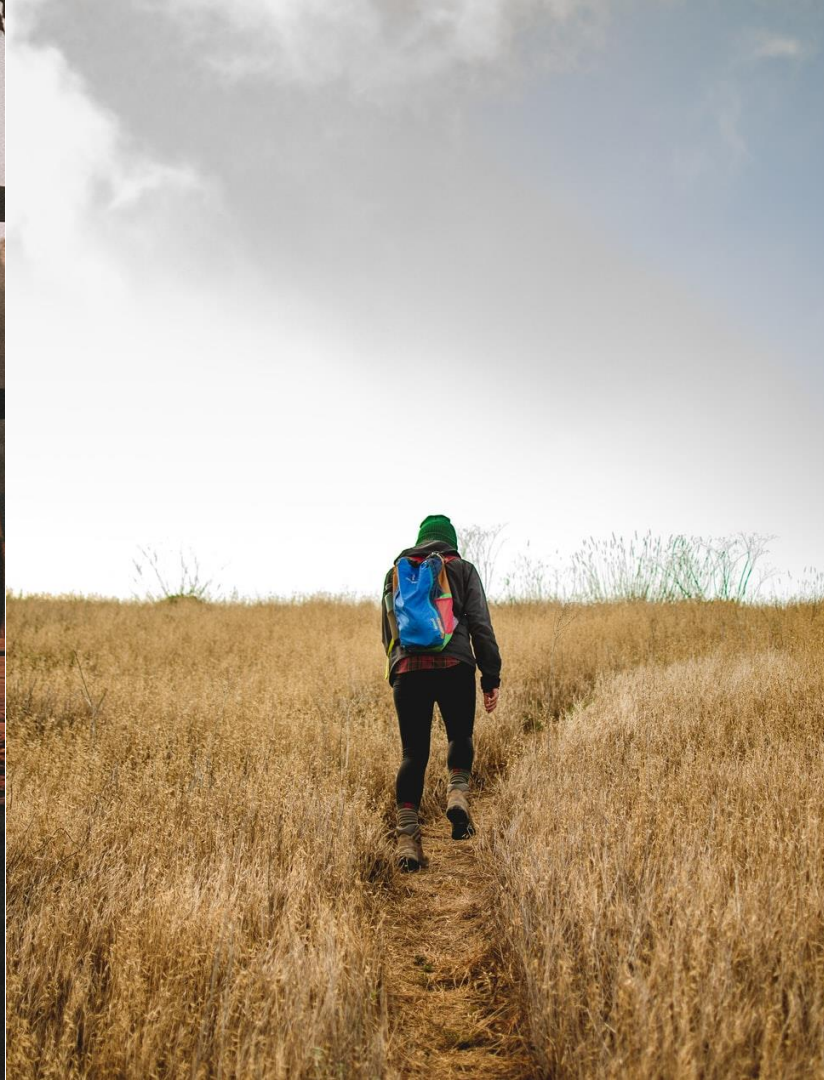
















































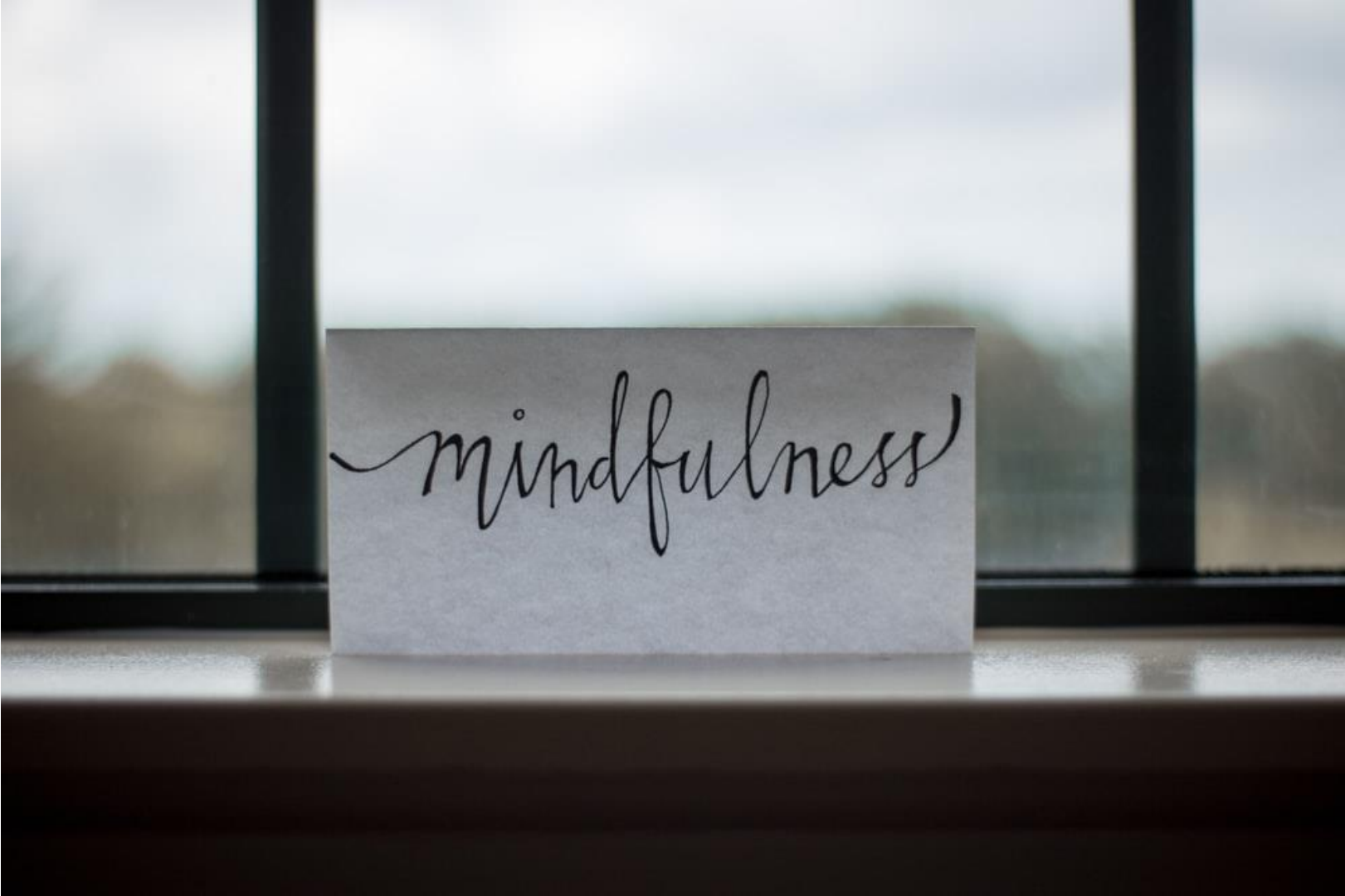
BE KIND.

UNWIND.









*mindfulness*





In the photo of the Raspberry & Vanilla Lollipops, the ice cream was poured directly into the glasses after being made, and it was left to freeze until solid. When the shot glasses came out of the freezer, they got frosty and it was difficult to see that there was anything underneath!



Two Raspberry & Vanilla Lollipops are still in shot glasses. Being frosty, to indicate they were frozen. (1/1, 20/12/15, 10/2015, Mavis L)

For the photo of Pineapple Sorbet because the art director had decided a frosted or dewy look. Yet I still in the studio that day, so I decided set. The towel underneath the















A vertical garden filled with various green plants, including large-leafed ivy and smaller leafy herbs. A neon sign in a cursive script is mounted on the wall, reading "and breathe". The sign is illuminated with a warm, orange-yellow light, creating a soft glow against the lush greenery. The overall scene is a vibrant and naturalistic display of urban gardening.

and breathe

























