

# Luzerne County Cares Community Expo 2018

Wednesday, September 26<sup>th</sup>

## Woodlands Inn & Resort

1073 Highway 315, Wilkes Barre, Pa 18702

Doors open at 1:00pm

Featuring Keynote Speaker:

## Luke Foster

(To take stage @ 6:00pm)



Register online at:

<https://lwsoc.org/expo2018/>



## Luke Foster

For over 8 years, Luke served as a psychologist in the Australian Regular Army, attaining the rank of Major.

During his military career, he provided counselling to a range of people in the Australian Defense Force, covering diverse mental health issues and degrees of complexity, with an interest in the treatment of stress, anxiety, depression, phobias and trauma.

Luke has extensive operational experience and has deployed to East Timor, the Solomon Islands and Afghanistan on multiple occasions.

Luke now spends his time consulting to the mental health charity, LIVIN, which consists of regular speaking engagements and the provision of mental health and strategic advice. Luke has recently established a training organization, ChekMate, that focuses on the delivery of no-fuss practical mental health and wellbeing training to businesses all around Australia.

Luke is a diehard Australian Rules Football supporter; don't get him started on the Essendon Football Club.

