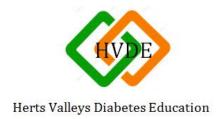
## HERTS VALLEYS DIABETES EDUCATION



## **Diet and Lifestyle Changes**



We are inviting GPs, Practice Nurses, Health Care Assistants and Pharmacists to attend this up-skilling workshop

The topics for this session are:

- Diet tips and the evidence base
- Clinical, social and psychological implications of obesity
- An overview of the management options for obesity, including diet and activity
- Essential tools, 'consultation skills' and motivational interviewing tips to support patients to make lifestyle changes

## Information:

DATE: 16<sup>th</sup> October 2018

**VENUE: Aldwickbury Park Golf Club, Piggotts** 

Lane, Harpenden, AL<sub>5</sub> 1AB

TIME: 1230-1530 LUNCH: 1230-1300

## **BOOKING LINK:**

https://www.eventbrite.co.uk/e/diet-and-lifestyle-changes-tickets-49285320721

PASSWORD: DDL