



Herts Valleys Diabetes Education

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: 16th October 2018

VENUE: Aldwickbury Park Golf Club, Piggotts Lane, Harpenden, AL5 1AB

TIME: 1230-1530

LUNCH: 1230-1300

BOOKING LINK:

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

PASSWORD: DDL

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