TALKING TO PATIENTS
ABOUT WEIGHT

INTENSIVE TRAINING COURSE

Do you want to...

• effectively motivate, encourage and support your patients to achieve a healthy body weight?
• provide overweight patients with the latest, evidence-based and practical information available?
• start weight management intervention earlier to reduce risk of chronic disease?

If YES, then this one day intensive training is for you

This new course is an in depth training module for health professionals. It equips participants to provide information and support about weight management to clients as part of routine care.

A range of resources will be provided and a significant amount of time on the day is dedicated to practicing the skills taught.

Trainers Stavroula Zandes and Alice Bastable facilitate the course. Stavroula has over 20 years’ experience delivering behaviour change training on a range of challenging topics. Alice is an experienced dietitian specialising in weight management and prevention of chronic disease.

COURSE DETAILS

<table>
<thead>
<tr>
<th>Dates</th>
<th>Cost</th>
<th>Location</th>
<th>Register</th>
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<tbody>
<tr>
<td>Saturday 22nd September 2018; 9.15am - 4.15pm</td>
<td>$150</td>
<td>Cancer Council Victoria; 615 St. Kilda Road, Melbourne, 3004. * Places are limited to 20 places so register early.</td>
<td><a href="https://livelighter.com.au/Health-Professionals/Professional-development/">https://livelighter.com.au/Health-Professionals/Professional-development/</a></td>
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<td>Thursday 11th October 2018; 9.15am - 4.15pm</td>
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<td>Saturday 10th November 2018; 9.15am - 4.15pm</td>
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Contact us livelighter@cancervic.org.au or 9514 6382.

This session has been approved for 40 Category 1 QI&CPD points with the RACGP.