

Practice nurses and allied health professionals are invited to attend this *free* training program which will provide you with the latest information on lifestyle medicine and evidence-based behavioural change techniques to improve your skills in the prevention and management of chronic disease.

Module 1 presented by: Sue Radd, Accredited Practising Dietitian; Ruth Stoodley, Accredited Exercise Physiologist; Karen Solomons, Allied Health Engagement Officer and Pharmacist
Module 2 presented by: Health Change Australia

EVENT INFORMATION

DATE & TIME	Module 1: Friday 14 June 9.00am for 9.15am to 1.30pm Refreshments and light lunch provided	Module 2: Saturday 15 June 8.30am for 9am to 1.45pm Refreshments and light lunch provided
VENUE	Pennant Hills Golf Club (in the Vicars Room) Corner Copeland and Burns Roads, Beecroft	
RSVP	Friday 31 May, 2013 <i>Please note that it is recommended that you attend both modules of this program</i>	
LEARNING OUTCOMES	<p>Module 1: How you can Use Lifestyle Medicine to Fight Chronic Disease Discover practical strategies you can use with your patients to prevent and better manage chronic disease. Learn about whole foods and traditional eating patterns that dampen inflammation and lower insulin resistance. Pick up time saving shopping and cooking tips. Find out how other lifestyle behaviours like physical activity, smoking cessation and stress management can add years to your life and life to your years!</p> <ol style="list-style-type: none"> 1. Understand the concept of lifestyle medicine 2. Understand how health risk behaviours are associated with chronic disease 3. Increase your knowledge in identifying and applying the most current evidence-based interventions as a treatment modality 	
LEARNING OUTCOMES	<p>Module 2: “The Secret of the RICK® Principle” Increasing adherence to treatment and lifestyle recommendations in patients with chronic disease “Health Change Australia” Health Behaviour Change Model</p> <ol style="list-style-type: none"> 1. Understand the Generic Health Behaviour Change Pathway making reference to the client’s position within the pathway 2. Recall key Health Change Practice Principles and Essential Behaviour Change Techniques to navigate a client through the change pathway and increase patient adherence, including readiness, willingness and ability to take action 3. Understand possible barriers that may prevent a patient from taking action to achieve better health outcomes 4. Recall key Health Change Practice and behaviour change principles and techniques to navigate clients through the change pathway 5. Design and implement a Health Coaching Model 	

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LIFESTYLE MEDICINE & HEALTH COACHING PROGRAM

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Yes, I would like to attend

Yes, I do have special dietary requirements: _____

Name: _____ Phone: _____

Email: _____

Please note email address is required for confirmation purposes

Practice Name: _____ Address: _____

[note – this workshop is for health professionals who practice within the NSML catchment area of Hornsby, Ku-ring-gai, Ryde and Hunters Hills local government areas]:

I am a: Practice Nurse

Allied Health Professional

_____ *please state discipline*

To register please reply to events@nsml.com.au or fax this form to 9477 8799