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Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

Lifestyle Medicine Pillars Nutrition

Tuesday 5th March 2024

19.00 - 20.00

Chaired by Dr Mike Barker, GP CPD Lead for North Wales and Catrin Windsor-Jones, Pharmacy CPD Regional Lead.

Overview

Lifestyle medicine can be a part of the solution in addressing areas to improve the health and wellbeing of our population. We recently introduced 'Lifestyle Medicine' in a webinar that can be viewed here: <https://gpcpd.heiw.wales/cpdon-demand/lifestyle-medicine/>

Following on from that, we now explore in more depth the main pillars of Lifestyle Medicine.

Join us on this webinar where we take a further look at NUTRITION.

Learning outcomes:

After attending this event participants will be able to:

- Describe why nutrition is an important pillar of Lifestyle Medicine
- Define the key elements of healthy eating.
- Recognise what is new in nutrition and how to use this information in practice.
- Know what resources and services are available to support patients and healthcare professionals.

Speakers: Dr Pam Brown, GP with an interest in Lifestyle Medicine

Designed for: GPs, Pharmacists and other healthcare professionals in patient facing roles.

Format: A presentation followed by the opportunity to direct questions to the expert speaker during the webinar.

To book your place please email: heiw.cpdadmin@wales.nhs.uk

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