



**What if you could do your job in a more satisfying way, make more of a difference for your patients, and empower individuals and groups with the tools to improve their health and change their life?**

The Living Well Course has been designed by a team of certified Lifestyle Medicine doctors. It helps people improve their health and reduce their risk of lifelong problems, such as obesity, diabetes, heart disease and mental health issues.

Following successful pilots amongst groups of both patients and health care professionals we are now pleased to be able to roll out the Living Well Course Training Programme across Herts and West Essex, and further afield.

If you are part of a primary care team and have contact with patients (e.g. GP, GP registrar, nurse, pharmacist, health care assistant, physio, mental health worker, care coordinator, physician's assistant, health coach, social prescriber) then this *free* one day programme is for you!

**Where and when?**

Wednesday 11th March, Christchurch, Ware.

**What does it involve?**

A one-day, in-person event with other primary care colleagues, led by our Living Well Course team of certified lifestyle medicine GP's.

**What can I expect on the day?**

Exploration of the evidence base for lifestyle medicine (where it can be equal to and even sometimes superior to drug treatments) and why it should be applied to every day clinical practice.

Focus on long term conditions: Mental Health & Dementia, Cardiovascular disease, Menopause and peri-menopause

The GP consultation - before and after Lifestyle Medicine

Health coaching approach to patient care: panel session

Lifestyle medicine prescriptions; resources for you to use in every day practice

Further information about joining a supportive lifestyle medicine network.

...plus movement sessions, great conversations, a lovely canalside walk and *great* food!!

**How much is it?**

It's FREE!! And in a great venue.

**What about parking?**

Some free parking in the church car park. Plenty of other paid parking options available nearby

**Sounds great, what's the catch?**

There is no catch! All we ask is that after completing the training, you think about how you can apply what you have learnt to every day primary care for both you, your patients and colleagues.

**Great! I'm in! How do I secure my place?**

Via this Eventbrite link: <https://www.eventbrite.co.uk/e/the-living-well-course-for-primary-care-clinical-teams-tickets-1982353238901?aff=oddtcreator>

Hurry...we anticipate demand will be very high, based on our previous training days, and places are limited!!

We look forward to seeing you there!

**The [Living Well Course](#) team**

Dr Richard Pile, Dr Jen West, Dr Nicola Phillips