

PROGRAMME

Understanding Health Improvement

- 9-9.30am **REGISTRATION**, Tea & Coffee
- 9.30am Basic Concepts of Health
- 10am Promoting Health & Wellbeing
- 11am **BREAK**
- 11.20am Influences on Health Improvement
- 12.10 Stress Awareness – a ‘snap shot’
- 1.15pm **LUNCH**
- 2pm Communication
- 3.15pm **BREAK**
- 3.30pm Handling Confidential Information
- 3.45pm Evaluation Methods
- 4.05pm **ASSESSMENT**
- 4.50pm Course Evaluation & Resources
- 5pm **CLOSE**