



Helping People Change for Health

A skill building course for health and social care practitioners

Dates & Times	Location	Who is it for?	Cost
<p>Two day course: 8th March 2019 : 9:15-16.30 & 21st March 2019: 09:15 – 16:00</p> <p>Plus a follow-up session: 2nd May 2019: 09:30 – 11:30am</p>	<p>The Community Hub @ the AGB Moray UHI/College Elgin</p>	<p>For people with a role in improving health who wish to gain skills and confidence to support and facilitate health behaviour change.</p> <ul style="list-style-type: none"> • NHS Staff • Moray Health and Social Care Partnership • Third/Voluntary sector worker 	<p>Free</p> <p>Refreshments provided *Please bring your own lunch or use UHI canteen facilities</p>

For more information and booking please contact sheila.robertson@nhs.net

