



Helping People Change for Health

A skill building course for health and social care practitioners

Dates & Times	Location	Who is it for?	Cost
<p>Day 1: 28th October 2019: 09:00 – 16:00</p> <p>Day 2: 11th November 2019: 09:00 – 16:00</p> <p>Follow-up session: 16th December 2019: 09:00 – 11:30am</p>	<p>The Community Hub @ the AGB</p> <p>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 Refreshments provided</p> <p>*Please bring your own lunch or can use UHI canteen facilities</p>

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

