

# If being healthy is so good for us – why don't we do it?

Date and Venue:

**Friday 12<sup>th</sup> September, 2014**  
**Alverton Manor Hotel, Truro**

Course Organiser:

Carrie Bradburn, Dental Postgraduate Tutor

Course Lecturers:

**Kit Maher**  
**Carol Brooking**  
**Cascade**

## Programme

<b>09.00 – 09.30</b>	<b>Registration and Tea/Coffee</b>
09.30 -11.00	Encouraging health behaviour change
<b>11.00 - 11.15</b>	<b>Tea/Coffee</b>
11.15 -12.30	Why don't they?
<b>12.30 – 13.15</b>	<b>Lunch</b>
13.15 – 14.45	Motivation
<b>14.45 – 15.00</b>	<b>Tea/Coffee</b>
15.00 – 16.00	Strategies
<b>16.00</b>	<b>Close</b>

**Aim:-** To explore ways to support patients in health behaviour change

**Objectives:-** By the end of the training delegates will

Have been involved in a number of enjoyable and thoughtful activities that encourage health behaviour change

Understand what motivates people, why they often lose motivation and why they often don't change

Have developed strategies for enabling patients to discover how important health behaviour change is and motivate them to consider making changes