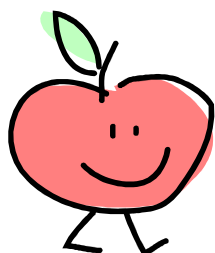


Step up to the Plate:



Brief Interventions for Healthy Living

Eating well, being active and living tobacco free are key to wellness and to chronic disease prevention and management. However, supporting your clients or patients to make healthy changes can be difficult.

Step Up to the Plate is an introductory workshop to brief intervention using the 5A's, a simple and effective tool to help you support and promote healthy choices. In addition, you will also become familiar with key resources to further increase your confidence in talking with your clients about healthy eating, active living and tobacco use.

Date: May 16th 2013

Time: 9:00am -12:00pm

Location: Special Events Room
George Pearson Centre
700 West 57th Avenue, Vancouver

Registration: <https://ccrs.vch.ca/secure/Signin.aspx>

More information: David Weightman
Health Living Program
604-267-4437
David.weightman@vch.ca