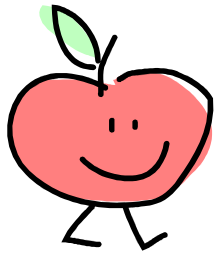


# Step up to the Plate:



## 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:** Oct. 10<sup>th</sup> 2013

**Time:** 9:00am -12:00pm

**Location:** Special Events Room  
George Pearson Centre  
700 West 57<sup>th</sup> Avenue, Vancouver

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

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