

Motivating Behaviour Change

June 19, 2018

9:00 a.m. — 4:30 p.m.

Who should attend?

- Social Workers
- Diabetes Educators
- Dietitians
- Addiction Counselors
- Health Coaches/Educators
- Nurses & Nurse Practitioners
- Physiotherapists
- Community group facilitators

Workshop Goals:

- Increase knowledge and skills facilitating behaviour change in group settings.
- Explore adult learning principles and how to enhance behaviour change.
- Acquire tips on recruiting and retaining participants.
- Learn strategies to maximize the social support aspect of the group setting to motivate for behaviour change.

Training Consultants/ Facilitators:

Angela Cuddy, PhD, RD
Donna Smith, MPH, RD

Register early—space is limited

Call Timiskaming Health Unit at **1-866-747-4305, Ext. 2242** or email **diasl@timiskaminghu.com** or **halls@timiskaminghu.com**.

Cost: \$50 (includes light snacks/lunch not included)

Location: Timiskaming Health Unit—New Liskeard office. *Travel subsidy available.*



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