

“Supporting people to improve their health through health behaviour change”

Argyll and Bute Health and Wellbeing Development Day

12th September 2019, 10.30am

Inveraray Inn, Inveraray

You don't need to be an expert to have a positive impact on someone's lifestyle choices - many of us in our day to day work have the opportunity to talk with people about health behaviours and how they impact on health and wellbeing. Come along and join us in learning about the foundations of health behaviour change, the latest training opportunities, and explore how health behaviour change conversations might work in your role or organisation.

Please see our website for booking details:

<http://healthyargyllandbute.co.uk/category/news/>

Don't forget to like us on Facebook to keep up to date with any events or updates from the Public Health Team and the Health and Wellbeing networks.

www.facebook.com/healthyargyllandbute

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