

YOU'RE INVITED TO A **ZOOM WEBINAR**



healthliteracynz

SUPPORTING PEOPLE TO ACHIEVE **WEIGHT LOSS GOALS**

A WEBINAR FOR
HEALTH COACHES

WEDNESDAY
7TH OCTOBER
5:30PM - 6:30PM

This webinar has been designed for Health Coaches in primary care practices and community settings who are working with people who have identified they want to lose weight. The Health Coaches are part of the Integrated Primary Mental Health and Addiction initiatives. Nurses, GPs, pharmacists and others may also find these topics useful.



PROF HAYDEN MCROBBIE

MB ChB (Otago), PhD (London), FASLM

Hayden is a Consultant in Lifestyle Medicine at Lakes District Health Board, with a specialist interest in addiction, obesity and child wellbeing. He graduated with his medical degree from the University of Otago in 1996, a doctorate from the University of London in 2008, and has worked in the field of behavioural medicine for over 20 years. He is also a Fellow of the Australasian Society for Lifestyle Medicine.

PROFESSOR MCROBBIE WILL COVER:

- Food
- Activity
- Behaviours including sleep
- Current popular approaches to weight loss e.g. intermittent fasting, very low-calorie diet, keto and more
- Evidence in relation to brief interventions around weight loss
- Practical strategies health coaches can use

REGISTRATIONS REQUIRED

Use the link: mobilehealth.co.nz/weightloss

