



## Getting the Balance Right

**A Free 1 day training course covering: Food and Health,  
Physical Activity and Mental Wellbeing**

**Aim:** to increase participants' understanding of the key messages around food and health, physical activity and mental well being.

**Learning outcomes:**

Participants will have the opportunity to:

- Gain an understanding of current eating and physical activity patterns in Scotland
- Increase their understanding of the definitions of mental health and mental well being and links to physical activity and food and health
- Understand the benefits and barriers associated with physical activity and healthy eating
- Increase their awareness of the stages of behaviour change
- Increase their knowledge of national and local initiatives and resources for promoting healthy eating, physical activity and mental well being
- Reflect on learning and how it will inform professional practice

**Participants:**

Anyone working in primary care, community and voluntary groups who are in a position to act as health promoters and disseminate information in relation to healthy eating, physical activity and mental well being.

**Course Length:** 9.30 – 4:30

**Date:** 14<sup>th</sup> February 2012

**Closing date for applications:** 6<sup>th</sup> February 2012

**Venue:** Strathbrock Partnership Centre, Broxburn, West Lothian

**How to apply:** Complete attached application from if and return to Jade Maxwell  
[jade.maxwell@westlothian.gov.uk](mailto:jade.maxwell@westlothian.gov.uk) by 6<sup>th</sup> February 2012

**PLEASE NOT LUNCH WILL NOT BE PROVIDED**





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Please either email or post your completed form by **6<sup>th</sup> February 2012** to:

Jade Maxwell  
Health Improvement Team  
Strathbrock Partnership Centre  
189A West Main Street,  
Broxburn  
EH52 5LH  
Phone: 01506 775626

Email: [jade.maxwell@westlothian.gov.uk](mailto:jade.maxwell@westlothian.gov.uk)



Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Organisation: \_\_\_\_\_

Service/Department: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Please tell us if you have any special access requirements?

\*\*\*\*\*PLEASE NOT LUNCH WILL NOT BE PROVIDED\*\*\*\*\*