



Step Up to the Plate Workshop: Brief Interventions for Healthy Living

Eating well, being active and living tobacco-free are key healthy behaviors that reduce the risk of chronic disease. This health promotion message is simple, but supporting clients to make healthier lifestyle choices can be challenging in practice.

In **Step Up to the Plate**, you will learn a brief intervention technique called the “5 A’s” which will help you discuss healthy living behaviours with your clients, support them to make achievable goals and connect them to available support options and resources. This is an interactive workshop that includes role playing using techniques and tools to support your clients.

To help you implement the “5 A’s” and health promotion into your practice, you will also receive a comprehensive toolkit of practical resources and referral options related to healthy eating, physical activity and tobacco cessation.

This workshop is offered in collaboration between the VCH Healthy Living Program and Tobacco Reduction Program.

- When:** March 29, 2017, 9 am-12 noon
- Where:** George Pearson Centre, Classroom 1 & 2
700 W 57th Ave, Vancouver
- Registration:** <https://ccrs.vch.ca/secure/Signin.aspx>
- Contact:** VCH Healthy Living Program
Tel: 604.267.4430
healthylivingprogram@vch.ca