



HPFT Healthy Living Fair



Tuesday 21 February 2023 Programme

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| 10.00 – 10.30am | Registration, refreshments and marketplace |
| 10.30am | Welcome |
| 10.45am | Eating to Stay Well – Clara Blackall, Specialist Dietitian |
| 11.20am | Break |
| 11.30am | Session to be confirmed |
| 12.00pm | Power over nicotine: we can help you! – Sarah Hope, Tobacco Dependency Advisor |
| 12.30pm | Lunch and marketplace |
| 1.15pm | Coughs and Wheezes, signs of respiratory diseases – Sarah Lewis, Physical Health Nurse |
| 1.45pm | Overcoming barriers and making healthy lifestyle changes – Sadie Walden, Watford FC's Community Sports & Education Trust |
| 2.15pm | Wrap-up of the day and close |

The marketplace will have lots of information and advice on staying well, including:

- Alternatives to tobacco
- Cancer screening
- Healthy eating
- Managing respiratory conditions
- Watford FC Community Sports & Education Trust - Health & Wellbeing
- Guideposts - a range of supportive services across Hertfordshire for people with mental health conditions, Autism, Dementia and their carers

During the day you can also...

- Visit the Simulation Hub –our innovative training facility
- Get involved and have your say on the new HPFT 'Looking Forward Together' Strategy and the new Physical Health Strategies.