



27 February, 2018



Exercise is Medicine Workshop

For GPs, nurses and allied health professionals

This interactive two-hour workshop details the role of physical activity in the prevention and management of chronic disease by treating physical activity as a vital sign. The suite of resources made available to participants will support them in their assessment, management and referral of patients with and at risk of chronic disease.

Event details

Presented by Rebecca Hallam, an accredited exercise physiologist

Learning objectives

- Describe how exercise can be used to prevent and manage patient chronic conditions
- Recognise the importance of graded exercise therapy in relation to patient safety
- Recall key aspects of the Australian Physical Activity Guidelines
- Describe behavior change strategies specific to the adoption of physical activity
- Outline existing physical activity assessment tools in medical software including Medical Director and Best Practice

Event Details

Date: Tuesday 27 February, 2018

Venue: Eastern Melbourne PHN
18-20 Prospect Street
Box Hill, Vic 3128

Time: 1.00-3.00 pm
(Registration and light refreshments from 12.30 pm)

Parking: Paid parking is available at Centro Shopping Centre

RSVP: Tuesday 20 February, 2018

[Register now](#)

Registrations

All registrations must be received by Tuesday 20 February, 2018.

To register click on the 'Register now' button above or visit www.emphn.org.au/news-events

Registration numbers are capped and priority will be given to health professionals working in the Eastern Melbourne PHN catchment.

Enquiries: Kate Shirley P: 9046 0300 or E: events@emphn.org.au

CPD points:

RACGP: Allocated 4 Category 2 points (Activity 10931) in the RACGP QI&CPD Program for the 2017-2019 triennium

APNA: 2 CPD hours

ACRRM: 2 Core Points



FOR MORE INFORMATION
18-20 Prospect Street
(PO Box 610) Box Hill, VIC 3218

Phone 9046 0300
www.emphn.org.au

phn
EASTERN MELBOURNE

An Australian Government Initiative