



WEBINAR SERIES

HEALTHY WEIGHT MASTERCLASSES FOR HEALTH CARE PROFESSIONALS

WA Primary Health Alliance has developed the [SHAPE website](#) and Conversations About Weight online training to support health care professionals to play a more central role in helping patients with weight concerns.

To provide additional support, WA Primary Health Alliance is pleased to host a webinar series of Healthy Weight Masterclasses for health care professionals.

For more information:

 training.cop@wapha.org.au



SCAN ME

Third webinar in the series

The third webinar in the Healthy Weight Masterclasses will focus on:


The role of diet and exercise – sustainable interventions for long-term adherence


The following topics will be covered:


- The role of diet and nutrition interventions for health, including:
 - considerations prior to discussing weight management
 - ways to support patients to improve metabolism through diet and lifestyle.
- The role of exercise interventions for health, including:
 - what is realistic in relation to exercise and weight management
 - the importance of exercise for long-term weight management
 - the benefits of exercise independent of weight.

This webinar is open to all primary health care professionals, including GPs, practice nurses, allied health practitioners and hospital-based medical practitioners.

Event details:

 **Tuesday 19 March 2024**

 **6pm – 7pm (AWST)**

 **To register, [click here](#) or scan the QR code below**

Guest speakers:

- Dr Nicola Lowth - PhD and Accredited Practising Dietitian
- David Beard - Accredited Exercise Physiologist



This webinar is pending approval from RACGP for CPD Educational Activities.