



# HELPING PEOPLE BECOME MORE ACTIVE WEBINAR

13TH MARCH 2025  
14:00 - 16:00

## The content consists of:



**Importance and benefits of physical activity**



**Types of activity and national guidelines**



**Practical tips and common barriers to staying active**



**Positive conversation skills**

This online training workshop is aimed at care & nursing home managers, staff, and carers. It was developed as part of the Active Medicine Programme, & linked to Moving Medicine.

All attendees of the webinar will receive a CPD endorsed certificate.

Please **SIGN UP** to receive login details.

All are welcome to attend this **FREE** event!

Please visit:

<https://HelpingPeopleBecomeMoreActive.eventbrite.com>

This training workshop is supported by: