

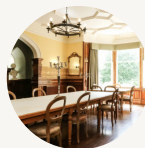
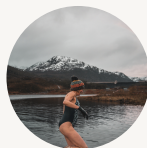


# INTRODUCTION TO LIFESTYLE MEDICINE COURSE

9AM WEDNESDAY 29TH -  
9AM FRIDAY 31ST MARCH 2023

16 HOURS OF CPD THROUGH THE BRITISH  
SOCIETY OF LIFESTYLE MEDICINE

BEARNOCK LODGE, CANNICH



**A SAFE SPACE FOR CLINICIANS & THERAPISTS TO  
REFLECT ON THEIR PERSONAL HEALTH AND VALUES**

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**LEARN ABOUT NEW APPROACHES FOR MANAGING  
LONG TERM HEALTH CONDITIONS**

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**HEAR FROM INSPIRATIONAL MEMBERS OF THE  
LOCAL COMMUNITY WHO HAVE USED LIFESTYLE  
CHANGES TO OVERCOME TRAUMA & CHRONIC  
HEALTH PROBLEMS**

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## **CONFIRMED SPEAKERS**

**DR ADAM SMITH**

ACCREDITED LIFESTYLE MEDICINE PHYSICIAN & GP,  
THE WELLBEING DOCTOR

**CATHY STEER**

HEAD OF HEALTH IMPROVEMENT, NHS HIGHLAND

**JANET DAVIDSON**

HEAD OF SPIRITUAL CARE, NHS HIGHLAND

**JEN WHITTINGTON**

FITNESS TRAINER & CO-PRODUCER OF @FIXINGDAD BBC FILM

**DR KATE ARROW**

CONSULTANT ANAESTHETIST & REALISTIC MEDICINE LEAD,  
NHS HIGHLAND

**DR KATHARINE JONES**

ACCREDITED LIFESTYLE MEDICINE PHYSICIAN, GP &  
OPEN WATER SWIMMING COACH

**LYNN BAUERMEISTER**

HEAD OF HEALTH & WELLBEING, HIGH LIFE HIGHLAND

**DR MARK HILDITCH**

CONSULTANT IN OCCUPATIONAL HEALTH, NHS HIGHLAND

**VELOCITY ACTIVE HEALTH LINK WORKERS**

## **FOR MORE INFORMATION & BOOKING EMAIL**

**[INFO@WILD-NESS.CO.UK](mailto:INFO@WILD-NESS.CO.UK)**

A RANGE OF ACCOMMODATION IS AVAILABLE AT EARLY BIRD PRICES.

PRICES INCLUDE ALL FOOD & ACTIVITIES ASIDE FROM OPTIONAL OPEN  
WATER SWIMMING COACHING WHICH INCURS AN ADDITIONAL  
CHARGE OF £15 PER PERSON.

