



# ‘Self-care towards disease prevention and health promotion workshop’.

**Date: 11/11/2009**

**Time: 9.00am - 1.45pm**

**Fee: €30 (special rates also applies)**

**Venue: Le Meridien Hotel & Spa,  
St. Julians.**



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Following the age old proverb "Prevention is better than cure" it is always recommended that one follow a healthy life style. Preventive care looks at the person as a whole, integrating health education, nutrition, physical activity, and stress management so as to lead a better quality of life. In this workshop you learn what the guidelines are, and how to implement them.



*We strive to make your learning experience a success .... Your achievement is our goal.*