

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

The D-Blaze lifelong learning will be organising a new workshop the “**Self-care towards disease prevention and health promotion’ workshop** on Wednesday, 11th November 2009, at Le Meridien Hotel & Spa, St. Julians.

Following the age old proverb “Prevention is better than cure” it is always recommended that one follow a healthy life style and goes through an annual preventive check up to ensure detecting of diseases if any at an early stage. Diseases can develop at any stage of life and the sooner one detects them the better it is for their prevention and cure.

This workshop would provide information about the importance of healthy lifestyle. It will cover topics like: beating obesity, stress management, sexual health and breast care.

The aim of the workshop is to bring awareness amongst the general public as to how to take best care of one’s health and thus to reduce the chances of suffering. 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.

Workshop outline:

8.30am-9.00am: Registration

9.00am-9.30am The importance of healthy lifestyle and disease prevention – Ms. Marianne Massa

9.30am-10.00am The importance of exercise and sport as part of our daily lifestyle speaker slot - Ms. Carmen Micallef

10.00am-10.30am Sexual and Reproductive Health - Ms. Marianne Massa

10.30am-11.00am Stress management – Mr. Geoffrey Axiak

11.00am-11.30am Coffee Break

11.30am-12.15pm Beating Obesity and it's risks – Mr. Geoffrey Axiak

12.15pm-12.45pm The importance of Breast examination – Ms. Antoinette Attard

12.45pm-1.15pm Foot care - Representative from the Malta Association of Podiatrists

1.15pm- 1.45pm Human papiloma virus vaccine -

***Programme may be subject to change.**

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

11th November 2009 at the ‘Le Meridien Hotel & Spa’, St. Julians

REGISTRATION FORM

Mr. Ms. Mrs. Dr. Job Title _____

Name & Surname _____

Work Address _____

City _____ Post code _____

Work Phone _____

Home address _____

City _____ Post code _____

Home Phone or Mobile number _____

E-mail address (required for confirmation*)

***Registration confirmation will be sent to you via e-mail. - Fiscal Receipt will be in the workshop folder.**

Special Rate – Full day including coffee break and refreshment €25 (Booking till 18/09/09)

Standard Rate – Full day including coffee break and refreshment €30

Group Rate – Full day including coffee break and refreshment €25 per delegate in groups of 6 or more (to be eligible for this rate applications must be sent together in one batch)

REGISTRATION CLOSING DATE: 6th November 2009.

There will be no refunds after 1st November 2009.

All cancellations before that date will be refunded less a 10 Euro handling fee.

The Organising Committee would like to inform you that the workshop can be cancelled if number of registrants will not exceed the desired quota. Should this happen all payments will be refunded back.

Please enclose registration form with cheque, payable to: “**D-Blaze**”, and forward to:

D-Blaze, P.O. Box 7, Qormi, Malta.

For further information contact Mrs. J. Muscat: 99243850 or Mrs. M. Cutajar: 79730575

Email: dblaze07@gmail.com Website: www.d-blaze.com

Data Protection: The data on this form will be used for administration of this event and retained for future marketing.

Tick the box if you do NOT wish to receive further information.