

Physical Health Update for Psychiatrists

31st January 2018

09:30	Arrival & Registration
10:00	Introduction Physical health issues in Mental Illness
10:30	Exercise
11:30	Break
11:45	Dietary interventions
12:30	Lunch
13:15	Behaviour change interventions
14:00	Update on Diabetes
15:00	Break
15:10	Cardiovascular risk: BP and lipids
15:55	Summing up
16:00	Close & Certificates