

Physical Health Update for Psychiatrists

31st January 2018

09:30	Arrival & Registration
10:00	Introduction Physical health issues in Mental Illness <i>Dr Jason Read</i>
10:30	Exercise <i>Dr Kate Little</i>
11:30	Break
11:45	Dietary interventions <i>Dr Kathy Martyn</i>
12:30	Lunch
13:15	Behaviour change interventions <i>Dr Lisa Page</i>
14:00	Update on Diabetes Dr Martin Rogers
15:00	Break
15:10	Cardiovascular risk: BP and lipids <i>Dr Michael Okorie</i>
15:55	Summing up Dr Jason Read & Dr Richard Whale
16:00	Close & Certificates