

BHealthy webinar series

The Birmingham Public Health team, supported by sector experts and local partners, will be running a series of free COVID-19 related webinars for leaders and professionals who have a direct reach in to communities and have an established, trusted relationship with them, for example: **community leaders, social prescribing link workers and faith leaders.**

The aim of the webinars is to help you improve your communities health and wellbeing and reduce their risk of becoming seriously ill from COVID-19.

Webinar topics, dates, times and booking links are detailed below:

Introduction to BHealthy	2 nd September	12.30 – 1.30pm
Introduction to behaviour change	8 th September	12.30 – 1.30pm
Keeping covid safe: handwashing	10 th September	12.30 – 1.00pm
Keeping covid safe: visiting friends and family	15 th September	12.30 – 1.00pm
Keeping covid safe: testing	17 th September	12.30 – 1.00pm
Keeping covid safe: self-isolation	22 nd September	12.30 – 1.00pm
Getting mind ready	24 th September	12.30 – 1.30pm
Long Term Conditions: diabetes	29 th September	12.30 – 1.30pm
Long Term Conditions: high blood pressure	1 st October	12.30 – 1.30pm
Long Term Conditions: kidney disease	6 th October	12.30 – 1.30pm
Unhealthy habits: smoking	8 th October	12.30 – 1.30pm
Healthy eating	13 th October	12.30 – 1.30pm
Unhealthy habits: substance misuse	15 th October	12.30 – 1.30pm
Get Active	20 th October	12.30 – 1.30pm
Unhealthy habits: gambling	22 nd October	12.30 – 1.30pm
Sleep	27 th October	12.30 – 1.30pm

If you would like any further information, please contact us by email at: HealthyBrum@birmingham.gov.uk

