

## Assoc Prof Colin Greaves Dr Leon Poltawski



### Exeter Collaboration for Academic Primary Care (APEX), University of Exeter Medical School

Getting to grips with the psychology of weight management: lessons learned from developing and delivering the SkiM Programme (Skills for weight loss and Maintenance)

The seminar will report on a programme we have developed to address the psychology of weight management. It focuses on identifying the needs served by unhealthy eating and sedentary behaviour and meeting these needs more healthily. The programme is currently being tested with two local service providers and interim findings and lessons learned will be reported.

Date: 16 November 2016 (with video link to F083, Knowledge Spa, Truro)

Time: 13.00-14.00

Venue: Room JS07, Smeall Building, St Luke's Campus

Join us afterwards for our informal monthly APEX meeting: updates on progress in APEX and networking (refreshments will be served).

**Email: [j.l.choules@exeter.ac.uk](mailto:j.l.choules@exeter.ac.uk) to book your place in Exeter or Truro.**

**For further information visit:**

**[www.exeter.ac.uk/medicine/apex/seminars](http://www.exeter.ac.uk/medicine/apex/seminars)**