



Commit to Change

A **FREE** public presentation about how Obesity and Diabetes are impacting our community.

Halting the Rise of Obesity and Diabetes Symposium

Obesity and Diabetes are our most serious public health challenges and a significant factor in chronic ill health in Bermuda. It will take all segments of our population to commit to changes to halt the rising trend in these conditions.

Join us. Your views are valued.



Guest Speaker: Jane De Ville-Almond, RN, SCM, HV, BA(Hons) PGCert

Jane De Ville-Almond is an independent nurse consultant, freelance journalist and Phd candidate on the topic of men and obesity. Jane has trained nurses, doctors and other health care professionals throughout the UK, and has worked in Europe, Bermuda and the Far East. She is recognised as a leading expert in her field and has published frequently on the subject.

General Public

Tuesday, 16 January 2018

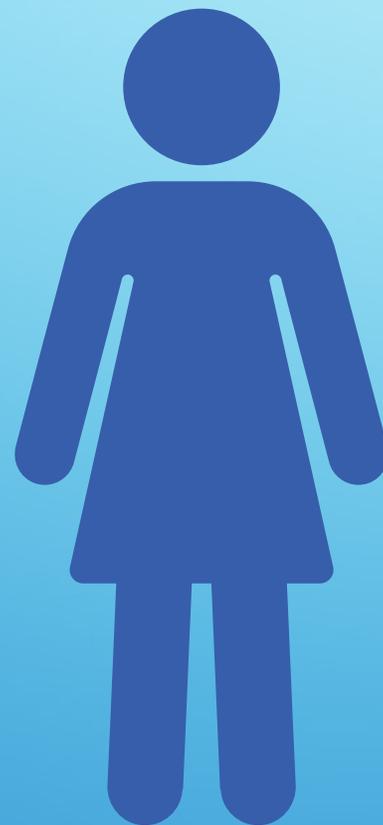
6:30 pm - 8:00 pm • Princess Ballrooms, Hamilton Princess

Mini Health Screening from 5:00pm - 6:00pm.



REACH FOR THE STARS

We have just one body to see us through our life, so why do so many of us forget to look after it properly? It seems a simple enough task doesn't it? But sometimes life just gets in the way. To look after our body we need to change the way we live our lives and this can sometimes seem daunting. But nothing changes without commitment. The good news is that each one of us has the skills and the power to make these changes, but we need to remind ourselves of what these skills are and put them into action. We don't know what we are capable of until we are pushed to the limit. So let's reach for the stars and make it happen.



GOVERNMENT OF BERMUDA
Ministry of Health