

Learn to:



Behavioral Health & Wellness Program
University of Colorado • School of Medicine

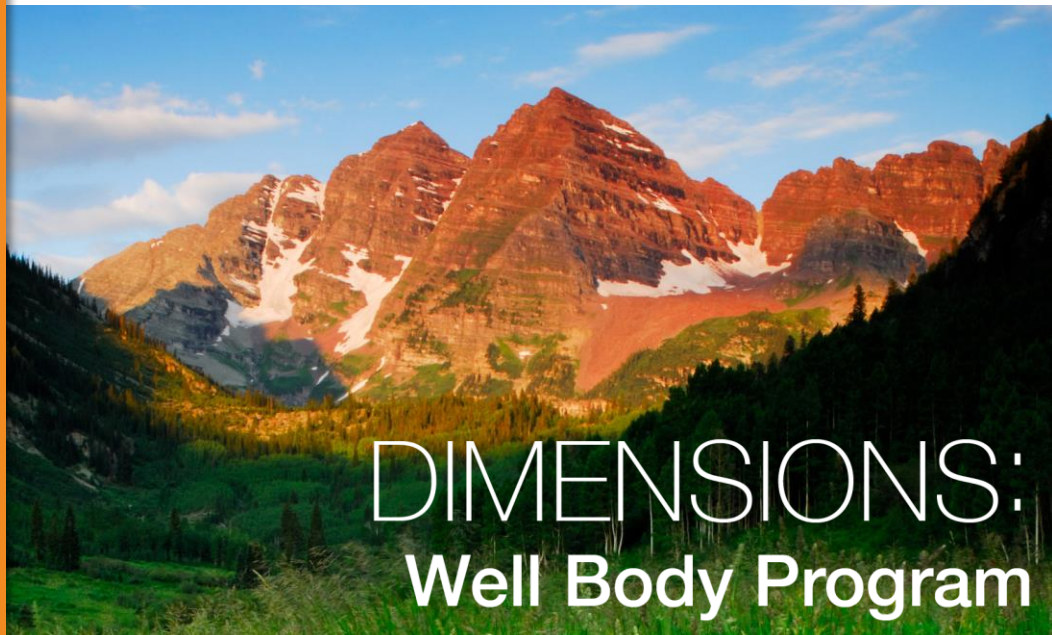


*Build awareness
around healthy
living*

*Conduct 30-minute
motivational
intervention*

*Promote wellness
for persons with
behavioral health
conditions*

*Make referrals to
community
resources*



DIMENSIONS: Well Body Program

Thursday, April 30, 2015

8:30am – noon

Training held at Lutheran Medical Center

2nd Floor, Learning Center

8300 West 38th Avenue

Wheat Ridge, CO 80033

DIMENSIONS: Well Body Program Fundamentals Training

Designed to promote physical health and well-being, this innovative program provides training on effective patient education, providing nutrition and weight management counseling and ways to promote positive behavior change through motivational engagement and behavior change strategies.

**Breakfast, lunch and refreshments will be
provided to attendees.**

For questions:

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Register at:

[www.bhwellness.org/4-
15-cdphe-urban-fund-
training-information](http://www.bhwellness.org/4-15-cdphe-urban-fund-training-information)

Training
sponsored by:

