Healthy body, healthy mind event

Agenda

12 November 2018

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| 12.30 – 13.00 | Registration |
| 13.00 – 13.15 | **Welcome and Introduction**  Quick overview of the programme and introduction of the HBHM assessment panel |
| 13.15 – 13.30 | **How are you getting on with HBHM 2018/19?**  Before starting the afternoon’s programme it will be useful to first reflect on where you currently are in the process and where you are heading. |
| 13.30 – 14.30 | **HBHM criteria for 2018/19**  In this session we will have a closer look at the HBHM criteria for 2018/19 and hear from each panel member in the 4 strands of the award (Mental Health, Sports, Physical Activity and Smoking prevention/cessation). |
| 14.30 – 14.45 Break | |
| 14.45 – 15.30 | **Plans, ideas and challenges for HBHM 2018/19**  Author Louisa May Alcott said “It takes two flints to make a fire” - so let’s talk to each other. In this session you’ll have a chance to chat to a few different institutions about your/their plans, ideas and challenges for this year’s awards. |
| 15.30 – 15.50 | **Q&A with HBHM assessment panel**  Throughout the afternoon, you’ll have been given opportunities to post questions about all aspects of HBHM 2018/19. In this session the panel will consolidate and answer all the questions posted. |
| 15.50 – 16.00 | Closing session |



