

# WEDNESDAY 10 MARCH PROGRAMME

## HEALTH PROMOTION CONCOURSE SUITE

**Chair: Greta Thornbory, Consultant in Occupational Health and CPD Editor,  
*Occupational Health***

8.00 **Registration, Hall 8**

9.15 **Keeping Executives Fit within a Fit Business**

*Breckon Jones, Fit Business Project Manager/Employee Health & Vitality Manager,  
Unilever UK & Ireland*

10.00 **Effectively Promoting Health and Wellbeing to Migrant Workers**

*Jo FitzGerald, HSE*



10.45 **Exhibition and Workshop Theatres, Hall 8**

11.30 **Helping Employees to Lose Weight**

*Professor David McCarthy, Professor of Nutrition & Health,  
London Metropolitan University*

12.15 **How to Set Up a Workplace Fitness Facility**

*Alan Peed, Director of Corporate Development, CSSC Sports & Leisure*

1.00 **Exhibition and Workshop Theatres, Hall 8**

## ATRIUM SUITE 31-34

2.30 **Looking After the Wellbeing of Shiftworkers**

*Nicola Macpherson, Occupational Health Manager, First Group*

3.00 **Nursing Us Back to Health – Why Workplace Wellbeing is Essential  
to Britain's Post-recession Recovery**

*Ruth Spellman, Chief Executive, Chartered Management Institute*

3.30 **Exhibition and Workshop Theatres, Hall 8**

4.00 **Creating a Successful Cancer Awareness Campaign**

*Dr Sharon Tate, Health Awareness Coordinator, Target Ovarian Cancer*

4.30 **Creating a Successful Healthy Heart Campaign**

*Lisa Purcell, Project Manager, Adults, British Heart Foundation*

5.00 **Conference Ends**



Greta Thornbory



Breckon Jones



Alan Peed



Ruth Spellman



Professor David McCarthy