

# Healthy Workplace Conference & Award Ceremony



## Programme of the Day

- 09.00** Registration, with refreshments
- 09.15** Welcome & Setting the Scene – **Ruth Goldstein**; Consultant Public Health Cornwall
- 09:25** Keynote Address – **Professor Dame Carol Black**; Expert Adviser on Health at Work
- 10.05** Comfort Break
- 10.10** **30 minute Workshops – Choice 1**
- **Dementia in the Workplace** Jo Malyon, Alzheimer’s Society
  - **Financial Health** Margaret Schwarz, Cornwall Partnership NHS Foundation Trust
  - **Menopause Awareness** Allye Brown, Healthy Cornwall
  - **Physical activity for the management & prevention of disease** Dr Kerry Bailey, Public Health Cornwall
- 10:40** Refreshments
- 10.55** **Five Minutes of Fame**
- **Flying Start Nurseries (S.W.) Ltd**
  - **King’s Service Centre**
  - **Sharp’s Brewery**
- 11.20** **30 minute Workshops – Choice 2**
- **Dementia in the Workplace** Jo Malyon, Alzheimer’s Society
  - **Financial Health** Margaret Schwarz, Cornwall Partnership NHS Foundation Trust
  - **Menopause Awareness** Allye Brown, Healthy Cornwall
  - **Physical activity for the management & prevention of disease** Dr Kerry Bailey, Public Health Cornwall
- 11.50** Comfort Break
- 11.55** Musculoskeletal Health in the Workplace – **Professor Anthony D Woolf**; Chair of the Arthritis and Musculoskeletal Alliance
- 12.15** **Official Award Presentations**
- 13.10** Cornwall Healthy Workplace Programme Update – **Natasha Howard**; Healthy Workplace Lead
- 13:15** Lunch & Networking & Daily Mile
- 14:00** Close