

## 4 lifestyle factors reduce risk of chronic disease by 78%

Tired of prescribing medication and not seeing improved outcomes?

Wondering how to support people make sustainable changes?

Find out about:

- The powerful evidence base for lifestyle medicine
- Practical tips to support patients in making sustainable changes

Lifestyle Medicine Webinar for GPs in NWL  
23 May 1-2pm via Teams

To register click the link: <https://nwltraininghub.co.uk/events/lifestyle-medicine-for-gps-23-may-24-1-2pm/>

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