

# Lighten Up

## Facilitator Training



**Lighten Up to a Healthy Lifestyle** is an accredited healthy lifestyle program (LMP) and is recognised by the *Queensland Strategy for Chronic Disease 2005-2015* as an evidence-based strategy to prevent and reduce the growing number of people in our community with chronic disease.

**Date:** 29 June – 1 July 2010

**Venue:** Gecko House, 139 Duringan St, Currumbin Gold Coast

**Time:** 9.00am – 4.30pm (earlier finish on the last day)

M/tea, lunch and a/tea provided

### Applicant details:

Title (Mr/Ms etc): \_\_\_\_\_ Surname: \_\_\_\_\_ Given Name \_\_\_\_\_

Position \_\_\_\_\_ Company \_\_\_\_\_

Telephone ( ) \_\_\_\_\_ Email \_\_\_\_\_

Postal address \_\_\_\_\_ Health qualification \_\_\_\_\_

### Please acknowledge the following:

I commit to implementing at least one *Lighten Up* Program within 12 months of completing training:

Applicant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Any special dietary requirements? Please note: \_\_\_\_\_

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### To be completed by the Line Manager or Authorised Officer:

- I approve the attendance of the above staff member at the *Lighten Up* Facilitator Training Program and agree to fund their travel and associated accommodation costs if required.
- I also agree to support the staff member as a facilitator in implementing at least one *Lighten Up* participant Program each year.

Signature: \_\_\_\_\_ Name of Line Manager: \_\_\_\_\_

Position Title \_\_\_\_\_ Telephone ( ) \_\_\_\_\_ Email \_\_\_\_\_

**FAX registration form to: Vivienne Holman on (07) 4639 4772 Friday 4 June 2010** \_

### For more information please contact:

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