Healthy Meetings Showcase



















The Scottish Cancer Prevention Event, hosted by World Cancer Research Fund UK (@WCRF_UK) at Celtic Park on the 22nd June, provided another great showcase for the #HealthyMeetings initiative. Scotland can do healthy foodstuffs and what a wonderful lunch it was! With help from the excellent caterers at Celtic Park, and Mark Freeman from Thirst For Knowledge Events Ltd. (tfke.co.uk), everyone was well looked after on their busy working day. Conference food does not need to be complex, and it's great to see some real vegetables presented instead of just a slice of something green for garnish. Salads in abundance – and why not - Scotland grows some of the best!

Dr David Morrison and Lizzie Hammond from NHS Greater Glasgow and Clyde gave some great Glaswegian advice on promotion of healthy eating and healthy movements. The audience stood up and stretched, moved from table to table and happily walked around to complete workshop sheets. There was some great take home messages from stallholders too, including the excellent Health Promoting Health Service (hphs.co.uk). Why not make your work day a #HealthyMeetings day too?

Great to see: Healthy Food Options



"Delicious, healthy lunch today @celticfc for @WCRF_UK #canprevent day. Well done chef!"



Salad selection

"Who says healthy food & drink can't be delicious? #canprevent"



Mostly wholegrains

Healthy main course options

"Looking forward to the delicious healthy spread put on by #Celtic FC #canprevent"



Who needs sugary desserts?

"Healthy lunch at our cancer prevention event in Glasgow. @WCRF_ UK @anniescotta #canprevent"





#HealthyMeetings













Healthy Meetings Showcase



















Great to see: Being Active & Less Inactive



Pedometers at the ready!



Regular active table swapping...

"#canprevent Prof Annie Anderson getting WCRF Scottish cancer prevention audience moving @thescpn."



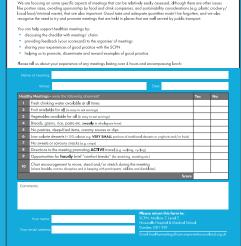
Stretching and standing prompts



Active afternoon on changing barriers



Scottish Cancer



Remember to complete and send us a scorecard after your meetings so we can collate more examples of good practice.

Get more scorecards



#HealthyMeetings











