**Highland Self Management Forum**

**Health, Nature and Wellbeing**

**9th June 2022**

**Microsoft Teams**

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| **AGENDA** |
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| 1400 - 1405 | Welcome and Housekeeping  | Joanne McCoyLGOWIT Manager |
| 1405 - 1430 | ‘Let's Get Organisations to Walk In Time with our tune’ | Dan Jenkins Strategic Green Health Development Manager, Cairngorms National Park & NHS Highland |
| 1430-1445 | The Selkie Collective – Connections |  Emma & Amy |
| 1445- 1455 | Enjoying Nature  | LGOWIT Team |
| 1455-1505 | Refreshment Break |  |
| 1505-1515 | Alliance Digital Update | Margaret McKeith |
| 1515-1530 | Outdoor Learning & Wellbeing  | Judith BullivantOutdoor Learning & Wellbeing Officer Kyle & Lochalsh Community Trust |
| 1530-15.55 |  "Prescribing a healthy life for you and the planet".Questions  | Sharon Pfleger Consultant in Pharmaceutical Public HealthNHS Highland |
| 1555 - 1600 | Thank you & Close | Joanne McCoyLGOWIT Manger |