Free Master class for Medicare Locals: *Developing a community based weight loss and management programme – lessons from Counterweight*

The Centre for Obesity Management, Prevention and Research Excellence in Primary Health Care (COMPaRE-PHC) is conducting a master class for Medicare Locals on the implementation of an obesity management program. We understand that obesity is a problem that needs to be addressed in the areas of most Medicare Locals. Further, our consultations with Medicare Locals have identified that many are looking for evidence-based programs that decrease weight in local populations. Visiting UK obesity expert Professor Broom who will be leading the class, has a successful model for this and participants could learn from his program.

**Date:** Friday 28th February 2014  
**Time:** 9.30am to 12.30pm  
**Venue:** Hugh Dixson Theatre, UNSW AGSM Building  
Gate 11, Botany Street Randwick  
Venue information and direction can be found at:  

Places are limited so registration is essential.  
Online registration: [http://compare-phc.unsw.edu.au/content/events](http://compare-phc.unsw.edu.au/content/events)  
Email: comparephc@unsw.edu.au

**Professor Broom**

Professor Broom is Director of the Centre for Obesity Research and Epidemiology (CORE) at Robert Gordon University and Clinical Professor of Metabolic Medicine at the University of Aberdeen. He is also Medical Director of LighterLife, holds a Professorial Research Fellowship at the Rowett Research Centre and is a founding European SCOPE Fellow.

Professor Broom has been responsible, along with several UK colleagues, for the development of the Counterweight Programme, of which he is Chairman. Counterweight is one of the few weight loss programs that have been successfully rolled out across a health system after research. The Counterweight Programme has over 12 years experience within the NHS healthcare system and has been commissioned by over 30 primary care trusts and directly by the Scottish Government to implement Counterweight in 13 out of their 14 Health Boards as the weight management programme of choice.

COMPaRE-PHC is a centre of research excellence funded by Australian Primary Health Care Research Institute; the Centre aims to contribute to improving the prevention and management of obesity by primary health care through its research and exchange of knowledge.