

**Centre for Research in Health & Wellbeing**

In association with

**The National Forum for Health & Wellbeing**

**An Holistic Approach to Health & Wellbeing**

**Friday April 11<sup>th</sup> 2014**

**Programme**

**10.30 – 11.am Registration, Tea & Coffee**

**11.00 – 11.10am Welcome address  
Professor Romesh Gupta OBE  
Professor Robert Campbell**

**First Session**

**Chairs: Professor Robert Campbell  
Ms. Wendy Meredith**

**11.10 – 11.35am Putting the “public” back in Public Health – New  
Approaches to improving Health & wellbeing for  
the 21<sup>st</sup> century.  
Speaker: Ms. Wendy Meredith**

**11.35 – 12.00 noon Happiness and Wellbeing: Emerging lessons from  
Social Science.  
Speaker: Professor Jerome Carson**

**12.00 – 12.25pm Indian Dance –  
an Epitome of Holistic & Wellbeing.  
Speaker: Ms. Abhinandana MK**

**12.25 – 1.25pm Lunch.**

## **Second Session**

**Chairs: Professor Romesh Gupta  
Dr. Robert Snape**

**1.25 – 1.50pm                      Work-life Balance & Wellbeing – experiences of women learners.**

**1.50 – 2.15pm                      A Scientific Approach “The Holistic Way”  
Speaker: Mrs. Rita Mistry**

**2.15 – 2.30pm                      Tea Break**

## **Third Session**

**Chairs: Professor Jerome Carson  
Ms. Jane Howarth**

**2.30 – 2.55pm                      Application of Holistic Science, “The Natural Way”  
Speaker: Miss Nalini Patel**

**2.55 – 3.20pm                      Occupational Therapy; Circle Dance & Wellbeing  
Speaker : Ms. Ana Borges De Costa**

**3.20 – 3.30pm                      Plenary session – Conclusions**

**The above event is free, to attend please register on the following website**

**[www.NFHW.org.uk](http://www.NFHW.org.uk) or**

please contact Nicola Dunn.      Email: n.g.dunn@bolton.ac.uk T: 01204 903615