



**PRIMARY  
HEALTH  
NETWORK**

# Exercise on Prescription

## PHN EDUCATION SESSION

With the benefits of social prescribing now widely known, many healthcare professionals and organisations support the RACGP's call for its formal inclusion in national [long-term healthcare plans](#) and [standard primary care](#). The recently released [primary health care 10-year plan 2022–32](#) also states that social prescribing will have a formal place in Australian general practice, recognising that it *'seeks to address people's needs in a holistic way'* and *'aims to support individuals to take greater control of their own health'*. The new parkrun practice initiative aims to promote social prescribing by strengthening links between practices and their community.

Learning outcomes - following this webinar attendees should be able to:

- Understand the potential for social prescribing in primary care
- Understand the evidence for the health benefits of physical activity
- Identify opportunities for incorporating social prescribing into their practice
- Identify patients who would benefit from referral to an exercise professional

**SPEAKERS:** **Dr Marie Shieh** is a GP at Tanilba Bay Medical Centre, she has over 20 years experience as a family doctor in the U.S., New Zealand, China and Australia. Caring for people in a holistic way is what she enjoys most and does best.

**Prof. Peter Wark** is a senior staff specialist in Respiratory and Sleep Medicine at John Hunter Hospital, Newcastle and a conjoint Professor with the University of Newcastle.

**Dr Michelle Redford** is a General Practitioner at Blackbutt Doctors, Newcastle and health and wellbeing ambassador for parkrun Australia.

**Ryan McCathie** is Director/Senior Exercise Physiologist at Hunter Rehabilitation & Health.

**WHO:** **General Practitioners, Nurses , Practice Staff and Allied Health**

**WHEN:** **Wednesday 10<sup>th</sup> August 2022, 6.00 pm – 7.00 pm**

**WHERE:** **Via GoToWebinar**

**RSVP:** Please [CLICK HERE](#) to register