

A smiling woman with long brown hair is shown from the chest up, wearing a red top. She is holding a slice of wholemeal bread in her right hand. The bread has a heart-shaped hole cut out of its center. The background is a soft, out-of-focus white.

Are you Making Every Contact Count?

Making Every Contact Count (MECC) is about making the most of opportunities to make a difference to people's health and wellbeing. By supporting people to make changes to their lifestyles it is possible to prevent ill-health, improve health and wellbeing and reduce health inequalities.

MECC is an approach to behaviour change that uses the day to day interactions that organisations and individuals already have with other people to support them in making positive changes to their lifestyle, health and wellbeing.

MECC Healthy Conversation Skills training develops & enhances the skills of staff to deliver health improving conversations and empower people to make positive steps towards behavioural change.

Training structure:

- **MECC Lite** – One three hour session
- **RSPH Full MECC** – Two three hour sessions (on separate days)
- Delivered in your workplace for groups of 6 or more people (contact us for more information and to book)

- **FREE training**
- **Royal Society of Public Health accredited**
- **National behaviour change programme**



For more information contact:

Everyone Health Cambridgeshire

on 0333 005 0093 or email changepointcambs@everyonehealth.co.uk



Funded by

Cambridgeshire
County Council