

Physical activity and lifestyle

Blended intensive program



Fill in this Form for pre-registration

The challenges of behavior change support of people with a chronic disease

Do you want to work in an International group on planning an individual intervention for someone with a chronic disease?

Guest speakers from five European countries from the PAL network

Topics related to changing behavior and lifestyle factors as physical activity, stress reduction and nutrition and online group work: a case study

5 ECTS

Intensive program for a week in Haarlem, The Netherlands (28th of March until the 1st of April)

Week	Topics	Where
9-12	PAL	online
13	Intensive	Haarlem
14	Future	online

Deadline for pre-registration is: 13th of December

Start of the program online: Monday 28th of February until the 4th of April.



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