**Grampian Self-Management Network Event, 28th February 2019.**Harvest Centre, Elgin   
Hosts: Moray Wellbeing Hub and Scottish Recovery Network.

*Refreshments available: from 9.40am  
Presentations: 10am – 12pm  
Networking lunch & information stations (Bring Your Own Piece): 12pm-1pm*

**Theme: Transforming resources & connecting commonalities in self-management**

10am Welcome & connecting-up

10.20am National self-management update: Rhona Millar, ALLIANCE

10:40am Five provocations toolkit: Sarah Forster, ALLIANCE

11:20am Mental Health Pathways in Moray project: Heidi Tweedie, MWH

11:45am Reflections and next steps

11:55am Next network event.

12pm Networking lunch (BYOP) & information sharing from network members

1pm Close