

Presenter	Megan Martin
Organisation	Marion College
	<b>'Live Up To You'. A wellbeing platform for agency</b>
Abstract	<p>How do we support individuals, classes, groups and communities to take action and empower themselves to take control of their health and wellbeing?</p> <p>How do we take what we know from research and evidence and action it into our lives?</p> <p>This 'work in progress' website <a href="http://www.liveuptoyou.org">www.liveuptoyou.org</a> was developed as a platform to help transform knowledge into action in the form of small, effective challenges that anyone and everyone could implement into their own lives.</p> <p>In this presentation we will share how you can use this resource with individuals, wellbeing teams, groups, classes and communities. We encourage you: to try a challenge; include and encourage others; and share the story of your wellbeing journey.</p> <p>We could really move the needle positively for ourselves and our communities by taking collective action in small, simple, effective, sustainable and fun ways.</p>