

Promoting Healthy Lifestyles

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Dr. Geoffrey Frankson MBBS, MA(Oxon)

Health Promotion Consultant  
Workshop Facilitator  
Motivational Speaker



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Dr. Geoffrey Frankson:

Belize National Scholar
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Rhodes Scholar
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Medical Doctor – UWI
♦
Human Scientist – Oxford University
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Director
NW Regional Health Authority
2002-2004, Trinidad and Tobago
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Commissioner
Commission of Enquiry into the Public
Health Services, 2005-2007
Trinidad and Tobago
♦
Prime Minister's Award for
Innovation and Invention, 2004
Trinidad and Tobago
♦
Regional Award for Excellence
In Medicine and Health, 2006
Environmental Health Foundation
Kingston, Jamaica
♦
Caribbean Luminary, 2007
American Foundation for
The University of the West Indies
♦
Founder, Managing Director
Better Health Limited, 1994 - 2012
Trinidad and Tobago
♦

Dr. Frankson has been a featured speaker
at hundreds of seminars/workshops
in the private and public sectors
across the Caribbean, and a regular
guest/host on radio and television.

Publications include:

DR Coldson: Medical Opinion
Wellness Step-by-Step
The Living Well Monitor
Living Well

Services Offered

Consultations on:

Corporate Wellness Programmes
Executive Wellness Programmes
Community Health
School health education
Family Health
Personal Wellness
Fitness/weight control
Diabetes Management
Hypertension Management

Lectures/seminars/workshops:

Healthy lifestyles
Health Risk Management
Executive Health
Employee Health
Stress Management
Lifestyle Diseases
Personal Development
Organisational Wellness
Retirement Planning

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*Articles, essays, health manuals
radio, television productions*