

Promoting Healthy Lifestyles

Dr. Geoffrey Frankson MBBS, MA(Oxon)



Health Promotion Consultant
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Better Health Limited
51A Bengal Street, St. James
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Dr. Geoffrey Frankson:

Belize National Scholar

Rhodes Scholar

Medical Doctor – UWI

Human Scientist – Oxford University

Director

NW Regional Health Authority
2002-2004, Trinidad and Tobago

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 -
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

Lectures/seminars/workshops:

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

Consultations on:

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

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