

Cheshire West & Chester Council

## Entry 3

# Health and Wellbeing

This course will assist the learner in understanding the importance of a balanced diet for a healthier lifestyle, know how activity improves the emotional and mental wellbeing. The course also covers building on own self-esteem and confidence and working towards setting short term goals by identifying and following an agreed plan.

### Dates:

**Tues 19th - Fri 22nd March**  
**Times: 9.15am - 2.45pm**

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Northwich Work Zone - Navigation  
Road, Northwich CW8 1BE  
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For enquiries or eligibility criteria  
contact: Northwich Work Zone  
**07833 236675** or email  
**workzonenorthwich@cheshire  
westandchester.gov.uk**



Work Zones  
& Adult Education



Cheshire West  
and Chester