

Cheshire West & Chester Council

Level 1

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.

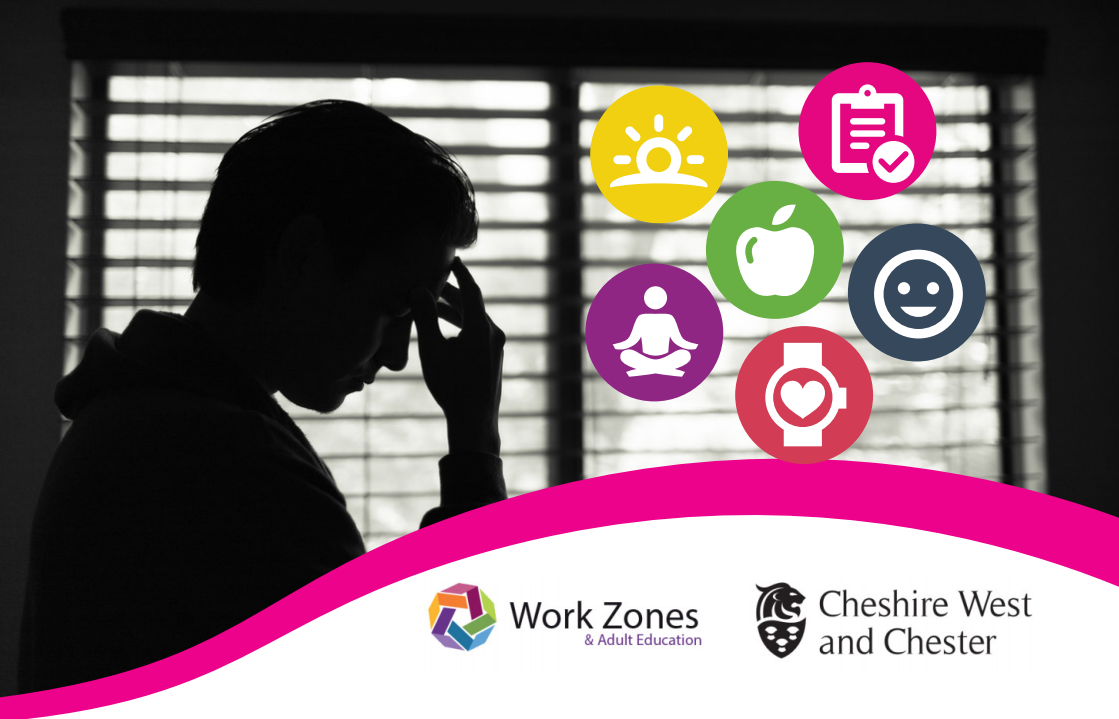
The course also covers building on own self-esteem and confidence and working towards setting short term goals by identifying and following an agreed plan.

Dates:

Tues 21st - Fri 24th May
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@cheshirewestandchester.gov.uk



Work Zones
& Adult Education



Cheshire West
and Chester