

## Free Short Courses

Approximately 1 hour 30 minute's targeted sessions to improve your knowledge and understanding to help you stay well:

### **Five Ways to Wellbeing**

Learn about the importance of the 5 ways to wellbeing:  
Connect, Be active, Take notice, Keep learning, Give

### **Stress and Relaxation**

Learn how to manage your stress and develop better coping strategies

### **Food for Mood**

Learn about how what we eat impacts on our wellbeing

### **Exercise for Mood**

Learn about the benefits of exercise and how it impacts on your mood

### **Get Money Smart**

Learn about budgeting and support you can access when managing your money

### **Let's Get Sugar Smart**

Learn about added sugar in everyday food and drinks and how it impacts on health

### **Cancer Awareness**

Based on Cancer research UK and National Screening programmes

### **Sleep Workshop**

How to improve your sleep and how sleep problems can impact on your health

### **'Understanding Health Improvement Level 2' Training Course**

Feel empowered to start health related chats with friends, family, colleagues and people in your community about health and wellbeing. This course is part of the Health Chats programme that has been commissioned by Public Health Rochdale (RMBC).

Recommend study time, **6 hours**

Gain an accredited qualification awarded by the Royal Society of Public Health:

**Level 2 Understanding Health Improvement**

For more information contact

THE LIVING WELL TEAM: [janis.atkinson@biglifecentres.com](mailto:janis.atkinson@biglifecentres.com) T: 07580 876 566

Office T: 01706 751 190