

Trafford College Employment and Community Learning at Stretford Public Hall



Health and Wellbeing course

Tuesday 6th and 13th October 2020, 10.00am - 12.30pm

At Stretford Public Hall, Chester Road, M32 0LG

This is a two session course: 2.5 hrs per session. 5 hours in total.

Session 1 – Begins with a general discussion on the positive impact of exercise on health and wellbeing with reference to the NHS recommendations on moderate exercise. Examples will be given of exercises that can be carried out at home, including chair-based. The course will consider how to improve personal wellbeing by setting goals and making appropriate choices, drafting personal goals on personal activity.

Session 2 - The main focus of the second session is on the impact of an unhealthy lifestyle on physical and mental health. The session will include tips on stress busters, and setting 'me time' for relaxation exercises and techniques. It will look at the benefits of positive thinking.

All courses will be held with appropriate social distancing and measures in place to ensure the safety of participants.

The course cost is £50 or it is free if you are in receipt of benefits or earn less than £18,135.

Call 0161 886 7441/3 to book your place. This course is for adults aged 19yrs+