

Wellbeing: Becoming Healthier (Taster)

Course overview

Do you find yourself wanting to become healthier or wishing you were healthier but not knowing where to start? This taster introduces you to what it means to be healthier and helps you identify what manageable changes you want to make to you to become healthier. The full course follows on from this taster.

What will I study?

You will:

- identify what being healthy means for you
- identify your barriers to becoming healthy
- discuss the difference between being fit and being healthy
- explore what makes a goal achievable

Assessment method

You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all. You will need a good understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7014CPT	Friday 23 April 2021 to Friday 30 April 2021	10am to 12pm	Dagenham	£0.00	£0.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722