

# Wellbeing: Becoming Healthier

## Course overview

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Do you find yourself wanting to become healthier or wishing you were healthier but not knowing where to start? Then this course is for you. In it we will explore what it means to be healthier and manageable changes we can make to help us to become healthier. This course follows on from the taster.

## What will I study?

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You will:

- Discuss what enables us to become healthy and how to overcome our personal barriers
- Discuss different ways of becoming healthy that fit with our lives
- Explore how to set realistic goals and stay motivated
- Look at some apps that can help with goals, recording achievement and staying motivated

## Assessment method

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

## Entry requirements

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- This course is open to all.
- You will benefit from having done the taster session.
- You will need a solid understanding of English.

## What should I bring with me?

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

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to the Healthy Living Level 1 qualification, onto other suitable wellbeing or CPD courses or onto other courses.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)

call: 020 8270 4722

