



### Health and Wellbeing

#### What is the course about?

This informal group will look at drug-free ways to wellbeing. The group will be able to choose topics from a list of suggestions.

#### What will I learn?

Some strategies to improve your general health, increase your confidence and build up your self esteem.

#### Entry Requirements

None

#### What will I need to bring with me?

Nothing

#### How will I learn?

You will learn by watching presentations and videos. By practice, discussion or just listening and observation. You will get handouts to take away.

#### How will my learning be assessed?

The tutor will observe and give you feedback and you will be able to talk to her about your progress.

#### What qualifications will I get?

None

#### Are there any extra costs?

No

#### What can I do next?

There could be various options such as Yoga or STRIDES. Perhaps it is better to wait until nearer course completion.