

Healthy Lifestyle for Work

It is so important to make 'keeping healthy' a part of our day to day living and working habits.

Your health depends on what you do throughout the day, everyday.

A healthy lifestyle is absolutely vital for health and wellbeing in the workplace.



This qualification will cover:

- Healthy living - lifestyle choices
- Personal presentation and hygiene
- Taking part in leisure activities
- Recognising the benefits of leisure time
- Planning for progression - building on personal strengths



For more information or to enrol please speak to your JSA/ESA advisor or call MACLS on **01634 334 430**

Venue: Medway Adult and Community Learning Service
48 Canterbury Street, Gillingham, ME7 5UN