



HEALTHY LIFESTYLE COURSE

FREE COURSE*#

(for those that meet the eligibility criteria below)

This course looks at ideas and techniques for those who would like to make positive changes to their health and wellbeing. This course will cover topics such as stress awareness, positive mindsets, healthy eating, exercise and general wellbeing. By the end of the 3 day course attendees will have information and ideas that will help them in their day to day lives.

Participants must be able to commit to the full 3 days.

Wednesday 1st, Thursday 2nd & Friday 3rd May 2024
9:30am-2:30pm

Available to those aged 19 and over (before September 2023) and who have been a resident in the UK or EU for the last 3 years.

*Free course available to those who meet government funding rules and are in receipt of Universal Credit AND unemployed AND earn less than £617 per month (individual claim) OR earn less than £988 per month (household claim) but not in a work related activity group, ESA (not in WRAG), Council Tax Support, Housing Support, Income support or the unwaged dependent of someone receiving Working Tax Credit with a household income of less than £20,319.00. #Free courses are available to those who meet government funding rules and are in receipt of Universal Credit AND unemployed AND earn less than £617 per month (individual claim) OR earn less than £988 per month (household claim) and in a work related activity group OR those working, who may not be claiming benefit and earning less than £20,319.00 annual gross salary full time equivalent.

Proof of eligibility must be presented before the course starts in order to reserve a slot.

For those that don't meet the free course eligibility criteria a fee of £150.00 will be payable to attend.

TO ENROL OR FOR FURTHER INFORMATION PLEASE CONTACT THE CENTRE ON

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