

Course details

Course title

Healthy Living: Longevity Tips For A Healthier Life

Course code

Q00013228

Course date

Start: 17/04/24

End: 19/06/24

Number of classes

10 sessions

Timetable

Wed 17th Apr, 18:30 to 20:30

Wed 24th Apr, 18:30 to 20:30

Wed 1st May, 18:30 to 20:30

Wed 8th May, 18:30 to 20:30

Wed 15th May, 18:30 to 20:30

Wed 22nd May, 18:30 to 20:30

Wed 29th May, 18:30 to 20:30

Wed 5th Jun, 18:30 to 20:30

Wed 12th Jun, 18:30 to 20:30

Wed 19th Jun, 18:30 to 20:30

Tutor

Lisa Richards

Fee range

Free to £74.00

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Qualification name & awarding organisation

Healthy Living: Longevity Tips For A Healthier Life ()

Level of study

Beginners

Course overview

In this online, 10-week course, you will look at information to help you optimize your longevity, health and performance. This course is not a medical course, it will help to inform you on a variety of Longevity tips as well as some healthy eating ideas and swaps; you will identify what factors affect ageing, analyse various diet swaps, apply various techniques to relieve stress using Gua Sha massage, discuss the importance of exercise and movement, plus evaluate various therapies and essential oils to help with ageing

Course description

According to Professor Rose Anne Kenny of Trinity College Dublin, 20 percent of ageing is genetic and can't be changed, 80 percent is epigenetic – in other words, we may have the power to influence how quickly or how slowly we age. Let's see how we can do that! In this online, 10-week course, you will look at information to help you optimize your longevity, health and performance. This course is not a medical course, it will help to inform you on a variety of Longevity tips as well as some healthy eating ideas and swaps; you will identify what factors affect ageing, analyse various diet swaps, apply various techniques to relieve stress using Gua Sha massage, discuss the importance of exercise and movement, plus evaluate various therapies and essential oils to help with ageing. In a supportive learning environment and with a knowledgeable tutor, this course may help you to take the learning you have gained here back to you community and use it to help others.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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