Health and Wellbeing

The Health and Wellbeing Pathway provides opportunities for people to improve their own health by being active and through learning more about health, diet, fitness and nutrition. Courses also give opportunities for people to learn about wider health issues in the community and to prepare themselves for working in health related jobs (Into Work and Adult Social Care Pathways).
Pathways

The WEA works with partners to develop tailored Pathways for adult learners. The Get Started range of courses and tasters aim to build confidence and self-esteem. Students can move to the Develop range of courses. Some students may wish to start at the Develop stage.

Get Started
- Stress buster - Taster
  Identify the things that cause stress and how to deal with them.
- Healthy eating - Taster
  Top tips for a healthier tomorrow.
- Introduction to relaxation - Taster
  Explore ways to unwind, breathe and relax.
- Walk your way to better health - Taster
  This course is for anyone who wants to get fit and meet new people.
- What is counselling - Taster
  Explore some of the caring skills and theories to support people in need of help.

Develop
- Introduction to counselling
  This course will introduce students to the main approaches of counselling skills and practice – 10 hours.
- Seated exercise for body and brain
  A course to improve strength and enhance memory and concentration – 10 hours.
- A Healthy New Me
  A course which encourages students to improve their health and wellbeing - 10 hours.

Moving On
- Learn to cook
  A course which introduces students to cooking a range of healthy foods - 10 hours.
- Learn to run
  This course teaches beginners how to progress from run/walk to continuous running for 30 minutes- 10 hours.

Interested in the Health and Wellbeing Pathway?
Contact pathways@wea.org.uk to find out more or go to wea.org.uk/pathways

Remember to add: Name  Organisation  Reasons for enquiry  Region  Contact

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