COURSE 6

HEALTHY BODY

4 workshops included

WORKSHOP OVERVIEW

01 **Healthy Eating for Physical Health**
Understand why healthy eating is important for physical health.

02 **Better Sleep, Better You: Creating a Positive Sleep Routine**
Understanding the importance of sleep for mental and physical health.

03 **Move for Your Mind and Body – Building a Healthy Routine**
Support to increase awareness of the benefits of physical health for mental and emotional wellbeing.

04 **Impacts of Substance Use and How to Get Support**
Understanding the physical, mental and social impacts of substance misuse.