



LEVEL 1

NUTRITION & WELLBEING

with



ABOUT THE COURSE

What does the course involve? This course will explore the importance of eating healthily, maintaining hydration and explore the benefits of wellbeing. You will gain an understanding of:

- The benefits of staying fit and health
- Why work life balance is important
- Exploring personal development and growth
- Planning a healthy diet for self and others
- Understanding what influences your food choices

**LEARN
MORE**

Contact us

Telephone: 01782 827827 (option 2)

Email: info@acorntraining.co.uk

Visit: www.acorntraining.co.uk

How long does it take?

The course runs for 6 days.

Why learn with us? We deliver flexible, online and classroom-based courses to suit your needs. We are well-placed to deliver specialist support; breaking down barriers to learning and helping you gain new skills. We can also help with travel costs and getting online.

Are you eligible? Our courses are free/fully-funded for those aged 19+ who are unemployed, not in education or training, or employed and earning less than £25,000 per year.

What qualifications will you gain and what can you do next?

On completion, you'll gain two Level 1 qualifications and can go on to explore further courses in health, wellbeing, and mental health.