

Adult Learning

Award in Healthy Living for Wellbeing and Mental Health Entry 3



**Starts Thursday 7th May
2026**

For 6 weeks

FREE COURSE

13:00 – 15:00

Eden Foyer

Led by our fully qualified Health &
Wellbeing tutor

This short qualification course will enhance your knowledge and understanding of the importance of healthy living and how it supports both physical and mental health. You will learn about the factors that may affect physical and mental health and the health conditions that may occur. You will consider how food and diet may impact health and look at the benefits of different types of physical activity.

ENROL NOW!

To book a place please visit our website at:

adultlearningcumbria.org

Search for the course under the heading 'Health and Wellbeing'. You can then complete an online enrolment form. Or speak to one of the Penrith Adult Learning Team on **07468709606** or email **penrithadultlearning@westmorlandandfurness.gov.uk**



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council