

New for

2022

blueapple
TRAINING



FREE COURSES



Level 1 Certificate in

Health & Wellbeing

You will learn:

- The importance of mental and physical wellbeing
- Self-help techniques to improve your sense of wellbeing
- Strategies to help manage stress
- How the food you eat can affect your mood
- How to create a healthy & balanced diet
- The importance of alcohol awareness
- Where to get extra help & support

The **new you** is just on the horizon

9x Classroom Sessions



Quality starts here

Come and join us ...



Find your own wellbeing balance

- Level 1 Qualification
- 9x classroom sessions
- Develop resilience
- Improve team working skills
- Increase confidence
- Learn new wellbeing techniques

Eligibility criteria applies - must be 19+ (no upper age limit)

COURSE DATES:

Contact us for more details



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www.facebook.com/blueappletraining



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HANDS



FACE



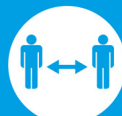
SPACE



HANDS



FACE



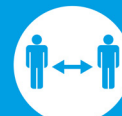
SPACE



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