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WHAT IS STEP INTO HEALTH?

A comprehensive course that will dramatically improve your wellbeing and empower you to achieve your own personal health objectives.

Covering **Physical Activity, Nutrition & Healthy Eating and Stress Management.**

WHAT IS INVOLVED?

- The programme takes approximately 13 weeks and is distance learning, so you never have to attend college. You can study whenever and wherever you choose.
- You will receive a theory manual, three workbooks and a DVD. The workbooks simply check that you have understood the content of the units and enable you to pass the course and achieve an entry level three Aim Award.
- You will be assigned your own tutor who will be on hand to answer any questions you might have.

REASON TO JOIN 1

Make a positive impact to your health and wellbeing

REASON TO JOIN 2

The course is flexible to fit in with your lifestyle

REASON TO JOIN 3

Gain a nationally recognised qualification

REASON TO JOIN 4

It is free!

For more information or to apply please contact **Linda York**
01509 515438 or **linda.york@loucoll.ac.uk**

Loughborough COLLEGE