

**Our Aim:**

To improve the health and well-being of people who live, work, study or are registered with a Bury GP by supporting and empowering individuals to take an active role in maintaining good health and wellbeing through the promotion of the self care principles.

**Our Objectives:**

Through interactive sessions, the course will help you participants to :

- Understand health and the benefits of having a healthy lifestyle
- Understand the behaviour change process and how this can be used to support individuals to adopt healthy lifestyles by setting realistic and achievable goals for change
- Explore how to increase confidence, self esteem and become more assertive
- Recognise the symptoms of stress and learn basic stress management skills
- Understand how to use health services appropriately and manage minor ailments
- Signpost participants to relevant services for further support as identified

**Course content**

- Week 1           Introductory session, monitoring forms and discussions around health
- Week 2           Behaviour change – why it isn't easy
- Week 3           Self esteem and confidence
- Week 4           Dealing with stress and anxiety
- Week 5           Healthy Eating, Alcohol and Smoking
- Week 6           Physical Activity, Sexual Health and Managing Minor Ailments
- Week 7           Dementia Prevention