

Community Health Champion Course



5 week training course and a RSPH level 2 qualification in Understanding Health Improvement

- Government Health Guidelines
- Understanding the NHS
- Mental Health
- Health Inequalities
- Brief Interventions
- Health promotion in your Community
- Healthy Cooking Class
- Get to Know your Local Community Centres
- Outdoor Gym Taster Session
- Yoga & Mindfulness Morning
- Nutrition and Labelling Stall

As a Health Champion you will attend a 5 week training course where you will learn how to improve your health and well-being and help to support others to lead healthier lives. You can gain a Level 2 Public Health qualification once training is completed.

For more information contact Alison
Email: healthchampions@bbbc.org.uk
Tel: 07584 899 362

**Community Health Champion training runs on
Tuesday & Wednesday's 10.00am - 1.30pm**
Merchant Street Practice, Wellington Way
Start date Tuesday 25th February 2020

NHS



**Bromley
by Bow
Centre**