

# Keeping Well course

**Energise Centre**  
Live life to the full

**3 Douglas Green, Salford, M6 6ES**  
**Every Tuesday starting 24<sup>th</sup> April**  
**10:00 – 12.00**

**The Keeping Well course is designed to help individuals to make successful changes and adopt healthier lifestyles and will be run over six 2 hour sessions.**

Each week we will cover a different topic designed to support you to manage your health.

The interactive sessions will help you to:

- Understand health and the benefits of self care.
- Learn how to set realistic and achievable goals for change.
- Explore how to increase confidence, self esteem and become more assertive.
- Develop ways of coping with stress, managing anxiety and learn relaxation techniques.
- Understand how to use health services appropriately and manage minor ailments.
- Find out where to access accurate and up to date health information and learn about local services available to you.

To book on the course, please contact **Energise Centre Reception** on:  
**0161 212 5700**

Or

**The Health Improvement Service** on  
Telephone: **0161 778 0315**

Courses will be running at other venues across the city throughout the year. Please contact The Health Improvement service for further information.



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**Salford City Council**