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UK Government

# FREE WELLBEING COURSE

‘FOOD & MOOD’

IMPROVE YOUR HEALTH AND  
WELLBEING THROUGH YOUR DIET



Hampshire  
County Council

**SKILLS  
FOR LIFE**

## Course Information

If you are 19+, living in Hampshire and would like to learn more about how your diet can affect your mental and physical health, then Hampshire Learns can offer you a two-day, online wellbeing programme, **completely free of charge**.

- On this course you will discover the wonderful world of the '*gut microbiota*' and how the bacteria in your gut can influence your weight, your mood, and potential allergies and intolerances.
- You will discover how you can optimise your diet by adding inexpensive foods, receive top tips how to save time and money, and which foods to avoid as they can be linked to mood instability.

You will also explore the links between body image, triggers, habits and coping mechanisms when making healthy choices about your diet.

## Commitment

- ✓ You will attend two x four-hour tutor-led, online group sessions
- ✓ You will be given a link to additional learning to carry out at home, in your own time, to extend your knowledge and understanding
- ✓ You will have the chance to explore progression opportunities and further learning

## Eligibility & Contact Details

There are no formal entry requirements, although a commitment to attend two online group learning sessions will be required with a laptop (with camera and microphone).

This course is **FREE OF CHARGE** and funded by the UK Government for eligible adults living in Hampshire aged 19+. If you are unsure if you are eligible for this course, please contact our team at [adult.learning@hants.gov.uk](mailto:adult.learning@hants.gov.uk), or see our website at: [Hampshire Adult Tailored Learning | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/adult-learning).

## How to Apply

It's simple! Just complete our online application form using this link [Hampshire Achieves Adult Tailored Learning Application Form](#), or contact our team if you would like more details about this **FREE** course.