

Physical Health & Wellbeing

Date: Friday 21 March 2025
Friday 28 March 2025
Friday 4 April 2025
Friday 11 April 2025

Time: 10:00pm – 12:00pm (2 hours x 4 weeks)

Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

This course examines the relationship between mental health and physical health. It will be beneficial for anyone wanting to develop a healthy and balanced lifestyle to support good mental health and wellbeing. Students will develop skills to make healthier lifestyle choices in the domains of exercise & nutrition whilst learning to recognise and manage barriers to motivation.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



For more information
please contact the
Recovery & Wellbeing
College Team

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