

Health and Wellbeing

September 2023

Themes for the month include:

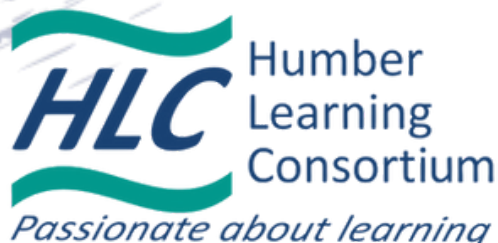
Vascular Disease Awareness Month
www.circulationfoundation.org.uk/thebodywalk
#TheBodyWalk

Gynecological Cancer Awareness Month
www.jostrust.org.uk

World Alzheimer's Month
www.alzheimers.org.uk/get-involved/world-alzheimers-month

Know Your Numbers Week (5-11 September 2023)
www.bloodpressureuk.org

National Fitness Day (25 September 2023)
<https://www.daysoftheyear.com/days/fitness-day/>



Humber Learning Consortium Learning Hub



For more information on Health & Wellbeing topics click on the link, using the password: HLC2022
<https://www.hlc-vol.org/learning-hub/>



<https://www.hlc-vol.org/>

If you, or your participants are facing financial difficulty please see the links below:

www.citizensadvice.org.uk www.nationaldebtline.org

