

# Healthy Communities

*Helping people in your community to live healthy lives*

Our health is influenced by the places we live and the resources in and around our communities. What can residents and community groups do to help local people live healthy lives?

This course covers:

- ❖ The foundations of a healthy life – meeting our physical and psychological needs
- ❖ Healthy community groups – walking the talk in what we do
- ❖ How to avoid and tackle stress
- ❖ Strategies for tackling some of the most common health problems in our communities, such as obesity, depression and addictions
- ❖ Case studies of successful healthy living projects from around the country
- ❖ Information about government programmes and grants
- ❖ Action planning for projects in our own communities.

Length: Ideally 2.5 days.

