



Free Training for Volunteer Community Health Peer Mentors

Choices and Changes!

Could you help someone to help themselves?

Are you a good listener and do you enjoy meeting new people?

Then this course may be for you. We need volunteers who can support others to make positive choices and changes which will improve their health.

This training will also give you a lot of information about stopping smoking to help you offer support to people who are thinking about quitting.

The Health Peer mentor course can link to other training opportunities will include:

- **Planning and Cooking for a Healthy lifestyle to enable you to become a Food Peer mentor.**
- **Weight Management Training to enable you to become a Weight Management Peer Mentor**

To apply for a place contact:
Netherton Feelgood Factory
Glovers Lane
Netherton, L30 5QW

Telephone 291 8010 or 291 8011