



**Live Life Well**  
Making a difference together

The Health Champion programme aims to develop community leadership skills with **FREE** courses, so that passionate individuals can make a difference to health in their work, community and social networks.

### **Who can become a Health Champion?**

We are looking for people who live, work or volunteer in Sunderland, who are concerned about current health issues and are interested in promoting healthy lifestyles.

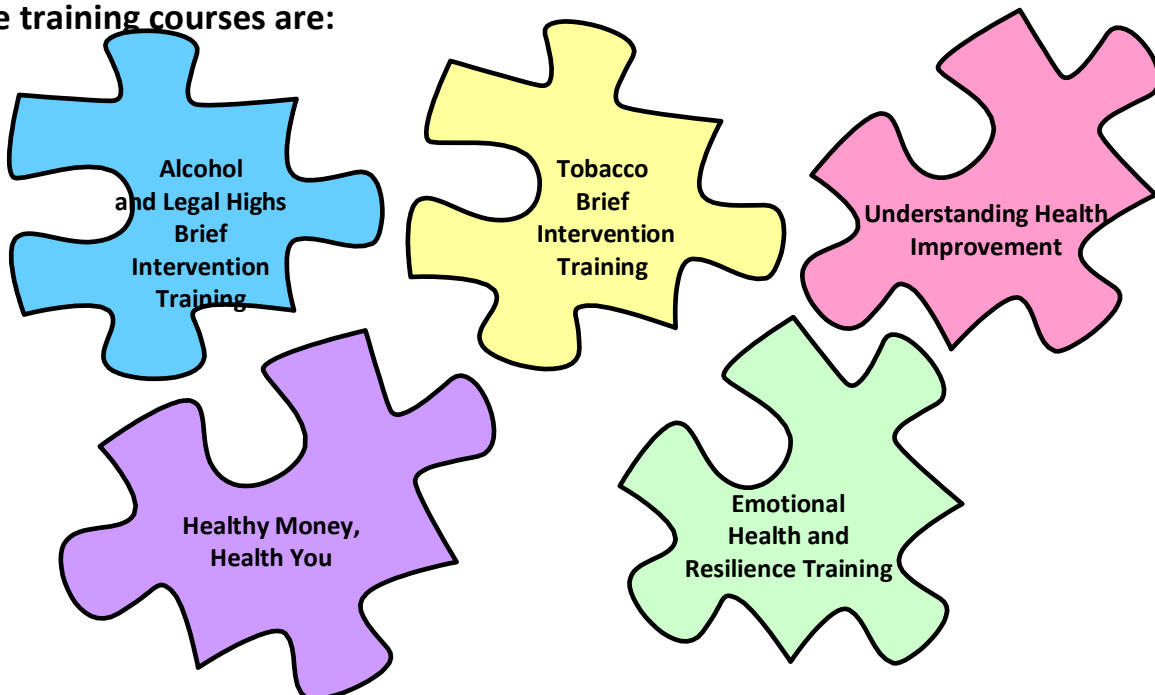
### **Why it's a good idea to become a Health Champion?**

The benefits of completing the five training courses are that you can get involved in your community and gain new skills through access to training opportunities. You may improve your own health as well as friends and families.

### **How do I become a Health Champion?**

The FREE training courses should be viewed like a jigsaw. You can do them in any order, at your own pace, and you can do just one or two courses, but to become a fully trained Health Champion you need to do ALL five training courses over a 12 month period.

### **The five training courses are:**



For more information contact Live Life Well Sunderland on 0191 5653482  
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