Health & Wellbeing Prog-Living Well Budg

Medway Adult Education

R261786T

This course helps learners explore practical ways to manage everyday costs and make their money go further. Through simple budgeting tools, cost -saving tips, and real-life scenarios, learners gain the confidence to plan ahead, priortise essential spending, and make informed financial decisions. Ideal for anyone wanting to feel more in control of their finances while maintaining a healthy, positive lifestyle.

Start Date:	09 March 2027
Start Time:	09:45
Lessons:	4
Weeks:	2
Hours:	8.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW