

Health&Wellbeing Prog-Living Well Budget

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, prioritise 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: 01 December 2026
Start Time: 09:45
Lessons: 2
Weeks: 2
Hours: 9.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW