

# Eat That Frog

Are you bored, anxious or  
stressed at home?  
We can help!



100% of learners say they'd recommend our FREE online courses to friends and family - and that the support received was outstanding!

*"Brilliant course. Really useful information, well presented with interesting fun slides & videos. Thank you very much"* Tara, Torquay.

*"This is the first time I have done any type of learning in years and it feels like a good start back into using my brain again. Many thanks."* Melissa, Paignton.

**Health & Wellbeing programme** – available online, **FREE**

Each mini-course takes a couple of hours and can be accessed on a smartphone, tablet or computer, with telephone / email support from our friendly Tutors. Boost your physical and mental health with fun short modules including:

- Awareness of Health & Wellbeing
- Emotional Resilience
- Diet & Exercise
- Understanding the effects of Sleep on health
- Developing Healthy Relationships
- Accessing relevant local health services
- Mindfulness

Email: [info@eatthatfrog.ac.uk](mailto:info@eatthatfrog.ac.uk)  
or call **01803-551551** to book or make a referral.

For more info, please visit: [www.eatthatfrog.ac.uk/online-adult-courses/](http://www.eatthatfrog.ac.uk/online-adult-courses/)