



INTRODUCTION WORKSHOP

Making Every Contact Count (MECC) free training and introduction to scam awareness workshop

MECC is about **making the most** of everyday opportunities to make a **difference** to people's **health and wellbeing**.

Through everyday conversations each of us can increase awareness of the impact of their habits on their health and empower them to seek their own solutions. Whether it is to prevent ill-health or improve health and wellbeing, the benefits to the person and the local community are enormous.

A two hour session that covers why MECC is important including lifestyle choices, skills introduction and signposting, followed by scams awareness training.

 **Tuesday 10 Aug 2021**

 **VIRTUAL**

 <https://bit.ly/3kKEAI4>



 **Thursday 14 Oct 2021**

 **VIRTUAL**

 <https://bit.ly/3kJ05sV>



 **Tuesday 18 Jan 2022**

 **VIRTUAL**

 <https://bit.ly/3wWx1ki>



 **9.30am - 12pm**

To **book your place**, please contact:



information@community360.org.uk



01206 505250

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