



# *FLEXIBLE* Bite-Sized Awareness Courses

Active Learning Zone is a hub providing high-quality **training and development opportunities** for individuals and organisations, helping them to create a lasting impact within your workplace or community.



Empower Yourself



Boost Productivity Through Wellness



Reduce Absentee & Healthcare Costs



Flexible Learning, Lasting Impact



Increase Employee Engagement

**In 2021, we unveiled 'A Decade of Movement,' our forward-looking strategy aimed at promoting enjoyable and active lifestyles.**

Recognising the links between physical activity, health, and prosperity, our strategy underscores how we can leverage partnerships to enhance employment, reduce deprivation, and elevate overall health in Lancashire.

# We envision a future where *everyone* enjoys the benefits of being physically active

These training courses will empower your workforce in the following areas:

Physical Activity

Welfare & Wellbeing

Workforce Development

SCAN HERE



↑  
EXPLORE OUR  
COURSES

You will be able to access information, tools, and resources to help expand your knowledge and create lasting change within your workplace.

