

Total Wellbeing

Luton



**MAKING EVERY
CONTACT COUNT**

MECC helps us to make the most of the everyday interactions we have with other people both professionally and personally, with the aim of encouraging behaviour change.

The principles of MECC

- Be confident talking about key areas of health and wellbeing – stop smoking, reducing alcohol intake, increased physical activity, maintaining a healthy weight & diet and promoting emotional wellbeing
- Develop healthy conversation skills
- Understand local and national services available
- Understand the MECC approach and its importance for health and wellbeing

MECC training can be delivered in person or online and is free of charge to groups or workplaces in Luton.

Contact us for information:

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Web totalwellbeingluton.org

Email mecc@totalwellbeingluton.org

Supporting your physical and emotional health