

## Course Outline and Details

<b>Course Code</b>	TL6013Y25	<b>Title:</b>	Heart Health Unveiled
<b>Time and duration</b>		<b>Location</b>	
Start Date:	07 January 2026	Grays Area	
Start Time: 18:00	End Time: 21:00	Grays Area	
Start Day:	Wednesday		
No. of Lessons:	5	Grays	
No. of Weeks:	5	Essex	
Total No. of Hours:	15.00	RM17 5DD	E: tacc@thurrock.gov.uk

## Description

HeartHealth Unveiled is a free adult wellbeing workshop at TACC exploring heart health, self -care, and lifestyle tips for a healthier, happier you.

## Entry Requirements

None

## Learning Outcomes

By the end of the workshop you will have looked at ways to take responsibility for your own health and wellbeing and identified areas to concentrate on to improve these areas.

## Resources/Equipment

All resources are provided.

You may wish to bring the following:

- \* Pen
- \* Note paper

## Progression

Other Tailored Learning workshops/courses.  
Further courses at TACC ([www.tacc.ac.uk](http://www.tacc.ac.uk))

## Health/Medical Conditions

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

The College wants to make sure every learner has the best chance to achieve their full potential. If you need any help or support on your course, and you have not told us already, please speak to your tutor or email [TACC@thurrock.gov.uk](mailto:TACC@thurrock.gov.uk) and a member of staff from our Learner Experience Team will contact you. Everything you tell us is in confidence and we will only use this to help you on your course.