

BASIC DRUG AND ALCOHOL AWARENESS TRAINING

- ✓ Gain a greater understanding of the effects of drugs and alcohol on the body and mind
- ✓ Learn how to calculate units in alcohol
- ✓ Explore some of the commonly used drugs and legal highs
- ✓ Recognise signs of drug and alcohol use and learn how to access help through support services in the Walsall area
- ✓ Understand the short and long term health risks of drug and alcohol use
- ✓ Look at reasons why people may misuse drugs and alcohol

Basic **Alcohol Awareness** Training dates, times and venues:

Tuesday 10th June 2014 10.00am – 12.30pm – Darlaston Health Centre, Wednesbury
Tuesday 8th July 2014 10.00am – 12.30pm – Pinfold Health Centre, Bloxwich

Basic **Drug Awareness** Training dates, times and venues:

Tuesday 17th June 2014 10.00am – 12.30pm – Darlaston Health Centre, Wednesbury
Tuesday 15th July 2014 10.00am – 12.30pm – Pinfold Health Centre, Bloxwich

If you have any queries please do not hesitate to contact Emilie Stone on 0121 568 4373 or Emilie.stone@walsallhealthcare.nhs.uk

Free training can be booked through Lifestyle Services -
Lifestyle Link, One Call for All on 01922 444044.

For One & All