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# Personal Wellbeing - Shopping and Your Heart

(26073)



## Course Description

This course has been designed to provide you with an understanding of how shopping strategies can promote heart health.



## Learning Outcome

After completing this course, you will have an understanding of:

- the importance of pre-planning your shop
- strategies to make healthy shopping decisions, and
- how to read nutrition labels.



## Course Features

- Adaptics - Kineo's unique approach to refresher training
- professional audio
- animation and interactivity
- WCAG 2.0 accessibility
- mobile compatibility
- formative assessments, and
- a certificate of completion.



## Audience and Duration

This course is for anyone who is interested in improving their heart health.

Duration: 10 minutes