

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

learn and *discover*

Never stop being curious.

The act of learning in itself is valuable and has been shown to boost self-esteem, resilience, social integration and more.

By creating opportunities to **learn and discover** we can open ourselves up to new experiences. Set yourself a target and savour the journey of learning.

www.manchester.ac.uk/sixways

connect

give

take
notice

be **active**

be **healthy**

learn and
discover