

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

be healthy

Take care of you.

From paying attention to nutrition to getting enough sleep, healthy habits play an important role in our emotional wellbeing.

When we choose to be **healthy** we are making ourselves a priority. Everybody is different, so make choices to fit with your lifestyle and budget.

www.manchester.ac.uk/sixways

connect

give

take
notice

be **active**

be **healthy**

learn and
discover