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### Student information



Open Days 2010-11

To find out more about our Open Days click here

25th August 2010  
9th November 2010  
26th January 2011  
10th March 2011  
17th May 2011

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## Health Week at Bedford College



Bedford College students and staff stepped up a gear when they took part in Health Week, with activities from power walking and cycling to tai chi, cooking and theatre.

Each day a programme of healthy topics offered health checks, competitions and fun events to keep everyone on their toes.

Students and staff were encouraged to climb the stairs rather than using lifts, have brisk walks and bike to College. The "Wee for a Wii" competition offered chlamydia screening and the chance to win a Nintendo Wii.

The highlight of the week was a Health Fair with external agencies on hand to promote health issues and offer advice and support.

Barrie Baldwin, Health and Safety Manager, explained:

"For the third year running, Health Week raises awareness of healthy lifestyles and the choices we make that have a real impact on our lives. This was the most successful Health Week so far, with hundreds of staff and students taking part in mini health checks, learning about healthy food and getting advice on smoking, alcohol and drug addiction.

"Health Week gives us a focus for health issues and the challenge is to continue that for every day of the year for our students and staff so that can all achieve the best we can in our lives and at College."