



Overview

ECO-UNESCO's ECO-Choices Health and Well-being Programme is a targeted youth programme which enhances the physical and mental health and wellbeing of young people by using nature and the natural environment, environmental education, outdoor education and community development activities.

The programme builds leadership & peer education skills, environmental knowledge and awareness, confidence and self-belief and promotes active citizenship in young people.

ECO-Choices Health and Well-being Programme



9 Burgh Quay,
Dublin 2
D02 FD85



www.ecunesco.ie



Elaine Nevin
01 662 5491



elaine.nevin@ecunesco.ie



www.facebook.com/ecunescoireland



www.twitter.com/ecunesco