



Health and Wellbeing



Lancashire Adult Learning

May Wellbeing Courses

FREE ONLINE COURSES

Improve your wellbeing with one of our Lancashire Adult Learning Health and Wellbeing courses. Our **FREE** online offer is available support you during this time. We also offer **FREE** tailored packages for businesses, community groups and volunteers in Lancashire. Get in touch to find out more: danielle.thorpe@nelsongroup.ac.uk

Click on the course name to find out more and enrol!

VENUE	DATE	DAY	TIME
Finding Positives in Challenging Times	4th May	TUE	1pm - 3pm
Quick and Healthy Cookery	4th May	TUE	1pm - 3pm
Hug in a Box: Me Time	5th May	WED	10am - 12pm
5 Ways to Improve Your Mental Wellbeing	10th May	MON	10am - 12pm
Hug in a Box: Crafts for Friends and Family	10th May	MON	1pm - 3pm
Simple Relaxation Techniques	17th May	MON	10am - 12pm
Yoga for Stress and Anxiety	17th May	MON	10am - 12pm
5 Ways to Improve Your Mental Wellbeing	18th May	TUE	4pm - 6pm
Mindfulness Techniques for Everyday Living	18th May	TUE	6pm - 8pm
Introduction to Home Exercise	18th May	TUE	10am - 12pm
Creative Ways to Improve Your Wellbeing	18th May	TUE	10am - 12pm
Singing and Music for Wellbeing - Beginners	18th May	TUE	4pm - 6pm
Chair Based Yoga	18th May	TUE	1pm - 3pm
Quick and Healthy Cookery	18th May	TUE	1pm - 3pm
Experience Microwave Cookery	19th May	WED	10am - 12pm
Creative Ways to Improve Your Wellbeing	19th May	WED	10am - 12pm
Finding Positives in Challenging Times	20th May	THU	10am - 12pm
Screening for Prevention & Good Health	20th May	THU	10am - 12pm
Creative Recycling & Eco Crafts	20th May	THU	1pm - 3pm

Courses are open to anyone aged 19 and over living in Lancashire (except Blackburn with Darwen and Blackpool due to funding rules). Places are limited

For more information:  0333 003 1717  www.lal.ac.uk

