



Health and Wellbeing



Lancashire Adult Learning

# April 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 and your family during this time. We also offer **FREE** tailored packages for businesses, community groups and volunteers in Lancashire, get in touch to find out more.

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

VENUE	DATE	DAY	TIME
<a href="#">Grow Your Own: Herbs, Veg &amp; Flowers</a>	13th April	TUE	1pm - 3pm
<a href="#">Experience Microwave Cookery</a>	13th April	TUE	1pm - 3pm
<a href="#">Kickstart your Health</a>	13th April	TUE	10am - 12pm
<a href="#">Introduction to Chair Based Exercise</a>	13th April	TUE	1pm - 3pm
<a href="#">Award in Horticulture Skills (E2)</a>	13th April	TUE	9.30am - 11.30am
<a href="#">Great Outdoors: How Nature &amp; Gardening Can Boost Your Wellbeing</a>	13th April	TUE	1pm - 3pm
<a href="#">Grow Your Own: Herbs, Veg &amp; Flowers</a>	14th April	WED	10am - 12pm
<a href="#">Award in Horticulture Skills (E2)</a>	14th April	WED	9.30am - 11.30am
<a href="#">Experience Microwave Cookery</a>	15th April	THU	10am - 12pm
<a href="#">Creative Ways to Improve Your Wellbeing</a>	15th April	THU	6pm - 8pm
<a href="#">Simple Relaxation Techniques</a>	19th April	MON	10am - 12pm
<a href="#">Creative Ways to Improve Your Wellbeing</a>	19th April	MON	10am - 12pm
<a href="#">Finding Positives in Challenging Times</a>	19th April	MON	6pm - 8pm
<a href="#">Singing and Music for Wellbeing</a>	19th April	MON	1pm - 3pm
<a href="#">Screening for Prevention &amp; Good Health</a>	19th April	MON	10am - 12pm
<a href="#">It's a Man's Life</a>	21st April	WED	9.30am - 11.30am
<a href="#">Mindfulness Techniques for Everyday Living</a>	22nd April	THU	6pm - 8pm

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](http://www.lal.ac.uk)

