



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](mailto:danielle.thorpe@nelsongroup.ac.uk)

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

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

