



Lancashire
Adult Learning

In partnership with
Burnley West Primary Care Network,
Lancashire Adult Learning are hosting a
Community Wellbeing Day
FREE EVENT

Lord Shuttleworth will be joining us at lunchtime!

Wednesday 4th March 2020

10.30am - 2.30pm

Padiham Town Hall

83 Burnley Road, Padiham, Burnley, BB12 8BL

Join us for our Community Wellbeing Day to find out more about the wide range of FREE courses and qualifications on offer in your local area.

From accessing health services online, making sugar swaps, cooking nutritious meals or exploring new ways to improve your physical and mental wellbeing - we have something for everyone.
Free health checks including blood pressure, blood glucose and weight will be available on the day from a team of health professionals.

We look forward to seeing you there!

For more information please contact:

☎ 0333 003 1717 🌐 www.lal.ac.uk

Learn something new today





**Lancashire
Adult Learning**

Join us on the day to 'have a go' at some of our learning experiences such as:

- Healthy Microwave Cookery
- Chair Based Drumming
- Mandala Stone Art
- Horticulture
- 5 Ways to Wellbeing
- First Aid
- Creative Wellbeing
- Art and Singing
- Volunteering
- And more...

Our expert team of teachers will be on hand to guide you through our range of FREE courses and will help you decide which ones could be suitable for you. This could be the first steps to a new and exciting future for you!

A wide range of other local organisations will also be joining us on the day, including: Burnley Football Club in the Community, Burnley Leisure Trust, Burnley Pendle & Rossendale CVS, Inspire, Age UK Lancashire, Lancashire Women.

Also, if you work with a local organisation or community group, come along and find out how we can work together to improve the lives of local residents in the Burnley West area.

For more information please contact Craig Pollard: C.Pollard@lal.ac.uk

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