

Date	What's On
14/08/2025	UK Lancashire- Benefits advice
28/08/2025	Age UK Lancashire- SCAMs awareness
11/09/2025	Age UK Lancashire- Support at Home service Information (10-12pm) Lancashire Adult Learning- Information (11-12PM)
25/09/2025	Age UK Lancashire- Walton Lane Community Centre Information (10-12pm) Sati Healing- Gong bath meditation (11-12pm)
09/10/2025	Parkinsons support Stroke support Movement to Music class 11-12pm)
23/10/2025	Dementia support Drum circle class- (11-12pm)
06/11/2025	Diabetic Eye Screening Lancashire Adult Learning- Grow Your Own Herbs (10-11am) Sati Healing- Gong bath meditation (11-12pm)
20/11/2025	Living Well Support Service Introduction to chair exercise (10-11am) Movement to Music class (11-12pm)
04/12/2025	Burnley Bourgh Council- Information Lancashire Adult Learning- Ways to Sleep Well (10-11am) Sati Healing- Gong bath meditation (11-12pm)
18/12/2025	Lung Workshop Lancashire Adult Learning- Festive Wreath Making (10-11am)
08/01/2025	Lung Workshop Lancashire Adult Learning- Yoga, Stress & Anxiety (10-11am) Sati Healing- Gong bath meditation (11-12pm)
22/01/2026	Lancashire Adult Learning- Mindfulness Techniques (10-11am) Drum circle class- (11-12pm)
05/02/2026	Abdominal Aortic Aneurism (Offered to men over 65) Lancashire Adult Learning- Menopause, Nutrition & Sleep (10-11am) Sati Healing- Gong bath meditation (11-12pm)
19/02/2026	Hypertension- Blood pressure checks Lancashire Adult Learning- Information (10-11am) Movement to Music class (11-12pm)
05/03/2026	Arthritis Lancashire Adult Learning- Magic of Meditation (10-11am) Sati Healing- Gong bath meditation (11-12pm)
19/03/2026	COPD Lancashire Adult Learning- Creative Wellbeing Doodling (10-11am) Drum circle class- (11-12pm)