



Liverpool City Council

Adult Learning Services

Upcoming free courses!

Yoga and Mindfulness for Stress

Newsham Adult Learning Centre, 83 Newsham Drive, L6 7UH

5 week course starting Thursday 3rd November 2016, 12-2.30pm

Face Painting

Norris Green Adult Learning Centre (above Clubmoor Children's Centre), Utting Avenue east, L11 1 DQ

5 week course starting Tuesday 15th November, 12-2pm

Healthy Family Meals (Cookery)

Newsham Adult Learning Centre, 83 Newsham Drive, L6 7UH

5 week course starting Thursday 17th November 2016, 12-2.30pm

Just turn up on the day and enjoy yourself!

Call Rachel on 07736883830 or one of the Centres
above for more information