



Lancashire
Adult Learning

Health and Wellbeing for Speakers of Other Languages

Our Health and Wellbeing for Speakers of Other Languages courses are designed to support people whose first language is not English and increase their overall confidence and support them to improve their wellbeing and become more independent in their local communities.

[Click here to book!](#)

Monday 13th September
10am - 12pm | 2 Weeks

[Click here to book!](#)

Monday 13th September
1pm - 3pm | 2 Weeks

[Click here to book!](#)

Tuesday 14th September
10am - 12pm | 2 Weeks

[Click here to book!](#)

Tuesday 14th September
1pm - 3pm | 2 Weeks

For more information contact:

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