



Challenge through
Sport Initiative



Active
Lancashire

NORTH LANCASHIRE TIMETABLE NOVEMBER 2024

SUNDAY	WEDNESDAY	FRIDAY
<p>Walk and Talk 1pm Morecambe Battery Cafe</p>	<p>Boxercise 2- 3pm Dallas Road, Lancaster, LA1 1TP Sessions are FREE to attend and open to all.</p>	<p>Badminton & Multisports 2:30 -3:30pm Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS</p>
		<p>Making a Change Wellbeing & Nutrition Group 1 pm @ CGL Morecambe. REFERRALS ONLY Contact Tamasin Lamb : 07465 743751</p>

IN PARTNERSHIP WITH



New You

Central and North Lancashire



**SPORT
ENGLAND**

FOR MORE INFO VISIT: activelancashire.org.uk