

NORTH LANCASHIRE TIMETABLE 2024

SUNDAY	MONDAY	TUESDAY	THURSDAY
<p>Walk and Talk 1pm Morecambe Battery Cafe</p>	<p>Nutritional Chats with Christine 12.30- 1pm Join Zoom Meeting Meeting ID: 875 9895 1390 Join Online - https://us06web.zoom.us/j/87598951390</p>	<p>Mindful Movement 10am -11am The Bay Hub, Unit 6- 7 The Arndale Centre, Morecambe LA4 5DH Contact Amber on 07884671387 to book a place</p>	<p>Somatic Dance Fitness 1pm - 1.45pm Stanleys Community Centre, 79-83 Stanley Road, Heysham, Morecambe LA3 1UT</p>

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