

# ARE YOU WORRIED ABOUT HOW THE COST OF LIVING CRISIS WILL AFFECT YOU?



Learn more about  
the positive steps  
you can take to feel  
more in control.



Lancashire Adult Learning has a wide  
range of support options available with  
sessions available online and in venues  
local to you!

# JOIN US FOR:

## Financial Help -

Learn more about household budgeting, utility comparison, debt management and steps to lower household energy consumption



## Employment and Skills Training -

Explore employment and career opportunities, and the training required to get you there



## Mental Health Support -

With sessions including Mindfulness, Creative Wellbeing and Sleep Well to support you with coping strategies to better manage your own mental health and well-being



## Food Budgeting and Cooking Healthy Meals on a Budget -

Learn about nutrition and cooking healthily on a budget as well as exercises to improve your health with chair-based exercises and yoga



**TO FIND OUT MORE  
AND REGISTER YOUR  
INTEREST EMAIL:**

[enquiries.lal@nelsongroup.ac.uk](mailto:enquiries.lal@nelsongroup.ac.uk)