

Address	Date	Time
We are Hope Church, Vinces Road, Diss, IP22 4HG	Wednesday 18 Sept 2019	10am to 3pm
Hunstanton Community Centre, Avenue Road, Hunstanton, PE36 5BW	Wednesday 18 Sept 2019	10am to 3pm
Swaffham Assembly Rooms, Market Place, Swaffham, PE37 7AB	Thursday 19 Sept 2019	10am to 3pm
Norwich Central Baptist Church, Duke St, Norwich, NR3 3AP	Friday 20 Sept 2019	10am to 3pm
St Benets Hall, Market Place, North Walsham, NR28 9BT	Friday 20 Sept 2019	10am to 3pm
Iceni Care, Queens Road, Great Yarmouth, NR30 3DG	Friday 20 Sept 2019	10am to 3pm

To find out more about how our Independent Living Skills courses can make a difference, contact: independent.living.skills@norfolk.gov.uk



Healthy Food Healthy Lifestyle

**FREE Independent Living Skills
courses starting September 2019.**



Our new Healthy Food Healthy Lifestyle programme will be offered at 15 venues across Norfolk starting in September 2019.

Courses run in 3 x 10-week blocks and they are FREE.

To find out more about how our Independent Living Skills courses can make a difference, contact:

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Address	Date	Time
Cadge Road Community Centre, Norwich, NR5 8DG	Monday 16 Sept 2019	10am to 3pm
Sheringham Independence Matters, Cromer Road, NR26 8RY	Monday 16 Sept 2019	10am to 3pm
Abbottswood Lodge, Church Lane, Norwich, NR10 3DY	Monday 16 Sept 2019	10am to 3pm
Connaught Hall, Station Road, Attleborough, NR17 2AS	Tuesday 17 Sept 2019	10am to 3pm
Dereham Hub, Rash's Green, Dereham, NR19 1JG	Tuesday 17 Sept 2019	10am to 3pm
Providence St Community Centre, Providence St, King's Lynn, PE30 5ET	Tuesday 17 Sept 2019	10am to 3pm
WI Hall, Garden St, Cromer, NR27 9HN	Tuesday 17 Sept 2019	10am to 3pm
Holt Community Hub, Charles Road, Holt, NR25 6DA	Tuesday 17 Sept 2019	10am to 3pm
First Move, Artillery Square, Great Yarmouth, NR30 2LR	Tuesday 17 Sept 2019	10am to 3pm
Great Yarmouth Hub, Suffolk Road, Great Yarmouth, NR31 0LJ	Wednesday 18 Sept 2019	10am to 3pm