

1st Floor, The Frances Suite, 151 Dale Street, Central L2 2JH

Movement Mondays



Tai Chi - back from 8th April

Join our master Tai Chi instructor on Monday afternoons for a gentle session packed full of movement, balance and breathing exercises. Tai Chi is a traditional Chinese martial art which is proven to improve strength, flexibility, and balance. Classes are suitable for all levels including complete beginners.

Coffee & Chat



Thursday 11th April - 16 places

Pop in for a coffee! An opportunity to meet with friends old and new, have a brew and a biscuit and a member of staff will be on hand for any questions or information you might need. We also have puzzles and games if anyone fancies their hand at a game of Scrabble.

Warm-hearted Wednesdays



Holistic Harmonies - back from 10th April

Bring some joy to the middle of the week with a sing and dance! Facilitated by expert musicians, get involved in group singing, vocal warm ups, movement and exercise with scarves and props. It's loads of fun! This class is suitable for all levels including complete beginners.

Candle Jar Crafts



Thursday 18th April - 10 places

Join our very talented Julie for a morning of calm and creative crafting. Julie will guide the group to design their own unique candle jars to take home. You will use a range of techniques to design a beautiful addition to any room. All equipment is provided.

Relaxation & Mindfulness



Tuesday 2nd April - 10 places

We'd love to see you for our final session of relaxation and mindfulness with A Quiet Place. Join Maria to explore techniques which help you to relax and unwind, proven to improve sleep, reduce anxiety and help with pain management.

Express Yourself Writing Workshop



Thursday 25th April - 10 places

Come and try our wonderful writing workshop! Delivered by Miriam, an experienced writer and teacher, you will explore different styles of writing and have the chance to try your own poetry, short stories, or you can bring a piece of writing with you to share with the group.

Please call Age Concern Liverpool and Sefton on [0151 330 5678](tel:01513305678) to book your place

Financial Planning and Advice Free Workshop

Wednesday 24th April

2:00pm - 4:00pm

Let us help take away the worry when planning your future finances.

Join a relaxed workshop in the Frances Suite with our trusted finance partners to talk about what wills, power of attorneys or equity release can offer you, the process for obtaining these products, and what to be aware of.

There will be a Q&A session and opportunity to arrange a meeting with an advisor to review your personal circumstances.

Refreshments provided.

Only 20 places available! Call: 0151 330 5678 to book your place

Email: mail@ageconcernliverpoolandsefton.org.uk

*Working in partnership
with trusted providers*

