



EALC

Making Eden voices heard



It's been a long year...

HANGING AROUND THE HOUSE WITH NOTHING TO DO?

As restrictions lift, new knowledge and skills can trigger fresh ideas, which will not let you sit there and do nothing.

New knowledge and skills can also make a huge difference to your self-esteem and confidence.

Whether you want to learn something completely different, develop your creative skills, brush up on your language abilities, get busy in that garden or gain a recognised qualification, Cumbria Community Learning and Skills can help.

Join your fellow EALC members to find out how residents in your community can prepare themselves for an exciting post-lockdown world, including:

- The health and well being benefits of gaining new skills
- Examples of interesting learning opportunities for all ages and abilities
- Flexible delivery of learning, both virtually and in parish venues
- Mini-mindfulness session – ***your chance to try something different!***

Date: Tuesday 20 April 2021

Time: 6.45pm for 7.00pm start

Place: Virtual meeting room

(joining details in the accompanying email)

Join our virtual forum and find out how people in your community can get more out of life and meet people with similar interests...