

# Living the *Life*



A programme of **FREE** activities for 15 – 24 year olds, in the heart of the Woodlands community.

Tuesday and Thursday evenings 6pm - 8pm

Starting Tuesday 22nd January 2013. Full programme overleaf



Pick 'n' Mix Activities: Dance, Art, Cookery, First Aid, Stress Management, Creative Communication, Drugs and Alcohol Awareness and Managing Your Finances

 **the albany**  
Learning and Conference Centre

@ The Albany Centre, 44 Ashley Street  
Woodlands, Glasgow, G3 6DS.



Funded by Glasgow City Council

# Living the Life

A programme of **FREE** activities for 15 – 24 year olds, delivered in the heart of the Woodlands community.

Our programme	Tuesdays 6pm - 8pm	Thursdays 6pm - 8pm
Wc 21st January	<b>Street Dance Workshops</b>  <div> <div>↑</div> <div>Put your energy and enthusiasm into street dance. Fun and friendly classes!</div> <div>↓</div> </div>	<b>Cookery Class</b> Led by Albany Café Chefs
Wc 28th January		<b>Creative Communication</b> The Village Storytelling Centre
Wc 4th February		<b>Everyday First Aid</b> Led by British Red Cross
Wc 11th February		<b>Stress Management</b> Led by COPE
Wc 18th February		<b>Cookery Class</b> Led by Albany Café Chefs
Wc 25th February	<b>Creative Workshops</b>  <div> <div>↑</div> <div>Develop your creative skills. Learn how to use artwork to tell stories.</div> <div>↓</div> </div>	<b>Managing Finances</b> Citizens Advice Bureau
Wc 4th March		<b>Drugs &amp; Alcohol Awareness</b> Glasgow Council on Alcohol
Wc 11th March		<b>Creative Communication</b> The Village Storytelling Centre
Wc 18th March		<b>Cookery Class</b> Led by Albany Café Chefs
Wc 25th March		<b>What Next? - Personal Goalsetting.</b> Led by Cope

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