



NATIONAL NO SMOKING DAY 2026

WEDNESDAY 11th MARCH



- 9am Support and understanding
- 10am Tai Chi
- 11am Meditation
- 12pm Lunch and cake
- 1pm Arts and Crafts

- Very Brief Advice Training with Smokefree Lancashire (2pm-3:30pm) - Please book a place

Come down and join us! For more information please call 01524 410076

79-83 Stanley Road, Morecambe, Lancashire, LA3 1UT