

# SOCIAL PRESCRIBING LIBRARY

## DROP-IN SESSIONS

FREE HEALTH AND WELLBEING ADVICE  
IN YOUR TOWN'S LIBRARY

**EGREMONT  
LIBRARY**

**AUGUST 23**

**OCTOBER 4**

**NOVEMBER 15**

**WHITEHAVEN  
LIBRARY**

**AUGUST 31**

**OCTOBER 12**

**NOVEMBER 23**

**CLEATOR MOOR  
LIBRARY**

**SEPTEMBER 6**

**OCTOBER 18**

**NOVEMBER 29**

**SEASCALE  
LIBRARY**

**SEPTEMBER 14**

**OCTOBER 26**

**DECEMBER 7**

**FOR HELP  
CONNECTING  
WITH COMMUNITY  
GROUPS,  
ACTIVITIES OR  
SERVICES.**

**MILLOM  
LIBRARY**

**DECEMBER 14**

(MORE DATES TO BE CONFIRMED - MILLOM  
LIBRARY IS CHANGING LOCATION)

**10AM  
TO  
12PM**