



# Online Learning Events – free for u3a members

*Monthly events via zoom sharing knowledge and skills.*

## Dec 2023 Highlights

### **How to Plan a Balanced Yoga Practice**

Yoga group leaders can join this practical and interactive session, facilitated by Patricia Hamilton, Yoga Subject Adviser.

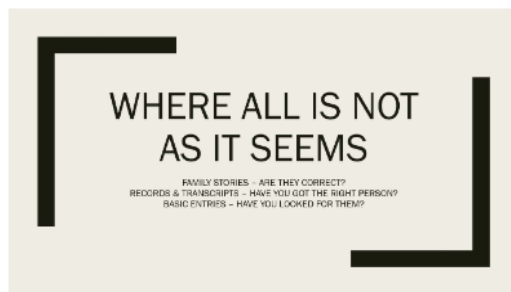
Wed 13 Dec at 11am



### **Family History: Where all is not as it seems**

Insights, tips and examples for family historians. The importance of looking at information critically, by Julie of Syston & District u3a

Wed 13 Dec at 2pm



### **Live Cookery Demonstration - Christmas Special**

Chef Alex from 'Vegetarian for Life' demos his delicious festive recipes live from his kitchen.

Thurs 7 Dec at 10.30am



### **How to better insulate your home**

The best and greenest ways to treat all parts of your home, where possible, for minimum heat loss, and with minimum outlay by Martyn of Southampton u3a

Thurs 4 Jan at 2pm

Book these and more for free on [the events page of the u3a website](http://www.u3a.org.uk/events) ([www.u3a.org.uk/events](http://www.u3a.org.uk/events))

Queries to [learning@u3a.org.uk](mailto:learning@u3a.org.uk)

