

Nutrition & Hydration: Quick & Healthy Air- Fryer Snacks

Come along and learn how to make quick nutritious air-fryer snacks and salads. Age UK Bolton will also be joining us to share helpful tips on Nutrition & Hydration.

Date: Tuesday 10th of November 2026

Time: 12:00 -02:00pm

**Thicketford Centre,
Thicketford Road, Bolton,
BL2 2LW**

To book your place, please contact our helpline on 01204 363056
Monday to Thursday 10:00am to 4:00pm or email - nireexa@boltoncarersupport.co.uk

