



# Living Well North Tyneside

Supporting Health and Wellbeing

Venue: Age UK North Tyneside



Time: 9:00am - 7:00pm



Cost: £21:00



Type: Face to Face

We have classes for every ability to help you stay fit and healthy in later life.

To find out more about any of our activities, or to book your place, please call 07974 185 070 or [click here](#).



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fitness | yoga | sport | walking | football | older people | exercise | activity

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[enquiries@ageuknorthtyneside.org.uk](mailto:enquiries@ageuknorthtyneside.org.uk)



Age UK North Tyneside  
13, Saville Street West  
North Shields



<https://www.ageuk.org.uk/northtyneside/activities-and-events/keep-fit/>



Last Updated - 18th December 2023

# Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

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