



# Living Well North Tyneside

Supporting Health and Wellbeing



**Time:** 1:00pm - 4:30pm



**Cost:** No Cost



**Type:** Face to Face

We meet once a month at the Oxford Centre (typically third Tuesday of the month 1pm to 4.30pm).

These are drop-in sessions, so people can come along and stay for as long as they want. There is tea and coffee available.

Upcoming sessions:

- Tuesday 19th March 2024 - 1pm to 4.30pm
- Tuesday 16th April 2024 - 1pm to 4.30pm
- Tuesday 21st May 2024 - 1pm to 4.30pm
- Tuesday 18th June 2024 - 1pm to 4.30pm
- Tuesday 16th July 2024 - 1pm to 4.30pm
- Tuesday 20 August 2024 - 1pm to 4.30pm
- Tuesday 17th September 2024 - 1pm to 4.30pm
- Tuesday 15th October 2024 - 1pm to 4.30pm
- Tuesday 19th November 2024 - 1pm to 4.30pm
- Tuesday 17th December 2024 - 1pm to 4.30pm

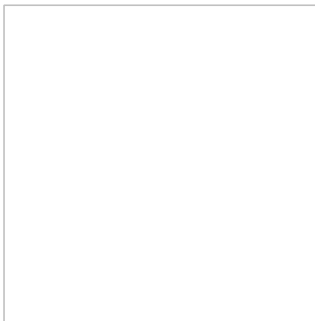
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The Oxford Centre  
West Farm Avenue  
Longbenton  
Newcastle



Last Updated - 14th March 2024

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