



# Living Well North Tyneside

Supporting Health and Wellbeing



**Cost:** No Cost



**Type:** Face to Face

Come join us for a fun and energetic hula hoop class at the Mitford Room, Linskill Centre!

Get ready to spin, twirl, and dance your way to a great workout. No experience is necessary — all levels are welcome! Hoops provided and let's get moving together.



[physical  
activities](#) |

[hula hoop](#)

HULA HOOP CLASS



[info@sarahs-star.org](mailto:info@sarahs-star.org)



Mitford Room  
Linskill Centre,  
North Shields



<https://www.sarahs-star.org>



# Sign Up for Living Well North Tyneside

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