



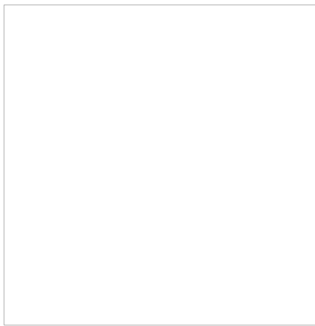
Living Well
North Tyneside
Supporting Health and Wellbeing

Healthy Hearts - Northumbria Healthcare NHS Foundation Trust

Healthy Hearts provide lifestyle support services in North Tyneside to support becoming more active and specialist weight management.

For more information please see our website

Please note this is a referral based service and you can be referred by a North Tyneside GP practice.



0191 293 4251



healthyhearts@northumbria-healthcare.nhs.uk



www.northumbria.nhs.uk



Last Updated - 24th May 2023

Services

Healthy Hearts Exercise Referral Scheme

Specialist Weight Management Service - Lighten Up

Events

No Events

Activities

No Activities
