



# Living Well

## North Tyneside

Supporting Health and Wellbeing



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Food and mood education

  
07717216715

  
julie@vaguswellbeing.co.uk

  
2A Otterburn Road  
North Shields  
Tyne and Wear  
NE29 9BH

  
<https://www.vaguswellbeing.co.uk>

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