



Living Well North Tyneside

Supporting Health and Wellbeing

Living Well's current programme of regular Good to Know Groups is now open for new people to join our programme of upcoming talks.

What happens at a Good to Know Group?

Good to Know Groups take place most weeks and last around an hour. At each group we invite a different guest speaker to come and tell us a bit about their organisation and an issue or topic that matters to them. There's always a chance to learn something new, to ask questions and to hear about other people's experiences.

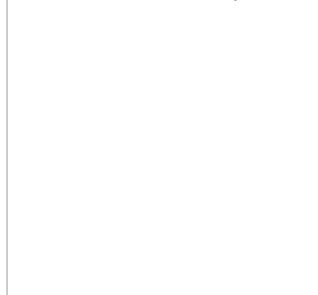
Upcoming talks

To sign up for any of the talks, please call our freephone Helpline on 0800 319 6789 or email telephone.services@independentage.org.



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Good to Know Groups



0800 319 6789



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