



Living Well North Tyneside

Supporting Health and Wellbeing



Cost: No Cost



Type: Face to Face

A free session from the Active North Tyneside team for expectant and new mams wanting to introduce physical activity and learn about a healthy lifestyle.

Mondays, 1.15-2.15pm, Richardson Dees Park in Wallsend (meet at The Bandstand). Free (with a valid easecard).

Find out more and register here: <https://www.activenorthtyneside.org.uk/bumps-and-buggies-walk>



[active walk](#) | [mams](#) | [babies](#) | [fitnes for moms](#) | [active baby](#)



Richardson Dees Park
101 North Rd,
Wallsend



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