



Living Well North Tyneside

Supporting Health and Wellbeing



Time: 9:20am - 10:15am



Cost: No Cost



Type: Face to Face

Fun and supportive groups to help improve strength, balance, and coordination

Wednesdays 9:20 - 10:15 am John Willie Sams Centre, Dudley



[Exercise](#)

[gentle exercises](#) | [classes](#) |

[coping with cancer](#)

Related Documents

- [Exercise Classes - flyer.png](#)



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<https://www.copingwithcancer.org.uk>

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