



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 1:30pm - 3:30pm

£
Cost: No Cost


Type: Face to Face

Discover how to cook healthy meals on a budget while exploring the connection between food and mood. All skill levels are welcome.

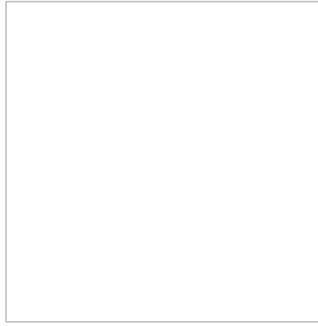
All activities are for aged 16 to 25 and living in North Tyneside. Booking is required.



[young_people](#) | [mindfulness](#) | [cooking](#) | [winter](#) | [activities](#) | [discover](#) | [me](#) | [discoverme](#)

Related Documents

- [All DiscoverMe Activities](#)




07598 893116


sarah.bell@voda.org.uk



The Base,
26 Esplanade,
Whitley Bay



<https://voda.org.uk/discoverme/>

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