



Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

We aim to create a safe, relaxed and friendly environment for blokes to just meet up, chat and have the options available to improve their lifestyle and wellbeing. A Blokes Club is more than just a space to meet and chat, we will look at not just supporting your mental wellbeing, we will help you think more holistically about your long-term wellbeing.

There will be options for you to improve your physical activity levels. That could simply be just moving more, improving your weight, physical strength or even thinking about the social benefits of being active. The choice of what you do and how you do it is yours; we will simply provide the space, facilities and support for you to get involved.



[mens
club](#) |

[social
activities](#) |

[male wellbeing](#)

A Blokes Club


01912500166


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The John Willie Sams Centre

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<https://quadrantleisure.org>

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