



Living Well North Tyneside

Supporting Health and Wellbeing



Cost: No Cost



Type: Face to Face

Sarah's Star supports people affected by incurable illnesses, including their families, friends and health professionals. We provide holistic therapies and educational resources to help people feel listened to, positive and purposeful as part of a supportive community.

Steph from Pause Pilates will be leading us in a gentle morning pilates class. All levels and abilities are welcome. Steph truly believes that Pilates can benefit all, it's just finding the best way to harness the benefits for your body and personal situation. If you're curious but not sure if Pilates is for you please get in touch by email; Steph would be more than happy to chat to you.

Dance Studio, Linskill Centre North Shields, NE30 2AY

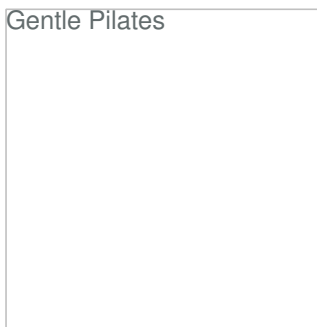
Every Thursday* 10AM - 10.45AM

Email: info@sarahs-star.org



[Palliative](#) | [wellness](#) | [cancer](#) | [pilates](#)

Gentle Pilates



07467688860



info@sarahs-star.org



Room 11 Linskill Centre,
North Shields



<https://www.sarahs-star.org>



Last Updated - 22nd January 2025

