



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.

Every Wednesday* 3pm - 3.45pm

Dance Studio, Linskill Centre North Shields, NE30 2AY

Ema from ARMCHAIR WARRIORS will lead us in this new seated low impact exercise class for all fitness levels. There's no judgement or pressure to step outside your comfort zone. Fully funded and completely FREE!

Email: info@sarahs-star.org



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

Armchair Warriors


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