



# Living Well North Tyneside

Supporting Health and Wellbeing

**Time:** 10:00am - 12:00pm



**Cost:** No Cost



**Type:** Face to Face

CEED is a partnership project with Eating Distress North East and we have secured funding for 12 months to develop a peer led project for those affected by eating distress.

- monthly adult group **aged 18+** at NTAS II, **Wallsend** on **Thursday mornings, 10.00am- 12.00pm** from Thursday 6th February.

Open to anyone living in North Tyneside who feels they need support with any eating distress issues.



[eating](#)

[distress](#) |

[eating disorder](#) |

[mental health](#) |

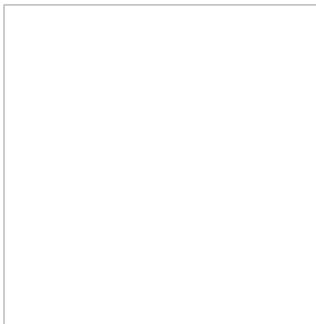
[creative arts](#) |

[therapeutic](#) |

[18+ years old](#)

## Related Documents

- [Creative Expression in Eating Distress 18+.png](#)



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