

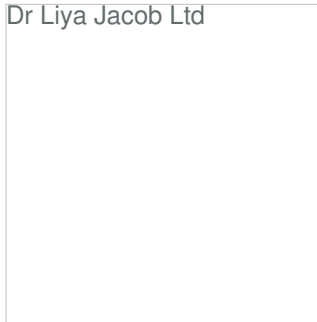


# Living Well North Tyneside

Supporting Health and Wellbeing

Dr Liya Jacob is a Lifestyle Medicine Physician and she is obsessed about the population reclaiming health! She has a Masters in Clinical Nutrition (Distinction) and is a Health & Life Coach (Mastery Level). Dr Liya Jacob Ltd deliver wellness webinars (10 Tools For Wellness & From Drama to Empowerment), a Stanford University mindfulness programme (The Clarity Catalyst) and The 1:1 Total Fat Loss Transformation. Dr Liya Jacob Ltd has been commissioned by multiple providers within and working with the NHS including Hertfordshire & West Essex ICS and Primary Care Careers.

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## Services

No Services

## Things to do

No Activities

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