



# Living Well North Tyneside

Supporting Health and Wellbeing

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health | wellbeing | strength

North Tyneside  
**ageUK** **Strength & Balance**



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<https://www.ageuk.org.uk/northtyneside/our-services/strength-balance-655fb8d4-b9d6-ec11-bea2-00155d806b13/>

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