



Living Well North Tyneside

Supporting Health and Wellbeing




[meditation](#) | [Mindfulness and meditation](#) | [mindfulness_group](#)

Mindfulness groups


07773087331


db.throughthewoods@gmail.com


147 Canterbury Avenue
Wallsend
NE28 9PZ


<https://www.through-the-woods.com>

Last Updated - 9th May 2024



Sign Up for Living Well North Tyneside



Get all the latest news and information to help you to live well locally

Enter your email

Subscribe Now

