

Have you had a cancer
diagnosis and live in
North Tyneside?

Living with beyond

Come along to our health and wellbeing
event to find out what support and activities
are available in your area to help you
improve your quality of life.

Have a cuppa and a chat and
see what's available that
you might like to try.

What's on?

Lots of advice on lifestyle, finances, support for kids and carers and opportunities for you to get involved in your community. Including:

- Macmillan Support Service – drop in sessions, coffee mornings, walk and talk groups, HOPE course, help to get a good night's sleep
- Meadow Well Connected – IT courses, gardening, joinery, help to get back to work
- YMCA – exercise classes, nutrition, music studio
- Active North Tyneside – diet and exercise, easeExtra card for reduced prices on wellbeing classes in North Tyneside

When:

Tuesday 9 October 2018

10am – 3pm

Stay as long (or short) as you like.

Where:

YMCA North Shields, NE29 0AB

Register at eventbrite.co.uk – search for living with and beyond cancer, North Tyneside

Contact us – **07970 790092** (Tracy) or **07970 789625** (Marc)
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