



Helping the active stay active when life changes

The Active Age programme offers support and advice for people aged 55 and over who:

- may have been physically active in the past
- would like to get active again and might need support, advice or motivation to get going
- may be less active now due to changes in their life that might make it difficult to get going again

For more information about the Active Age service please contact:

Age UK North Tyneside, Bradbury Centre, 13 Saville Street West,
North Shields, NE29 6QP

Telephone- 0191 287 7027

Email- laurie.zebik@ageuknorthtyneside.org.uk