

Free Health & Wellbeing Event

23 July 2019



Everyone Welcome

from 10:00am-2:00pm



Meadow Well Connected

North Shields

Including

Introduction to Tai Chi

Reiki sessions

Indian Head, Hand & Foot Massage Sessions

Cheerleading Lessons

Oral Health Awareness

Breast Cancer Awareness

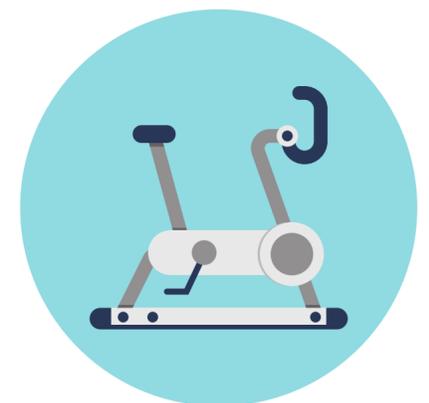
Healthy Eating and Weight Management

How to maintain a healthy heart

Alcohol Awareness

Ask the Physio

Sexual Health Awareness



Help us cycle the Coast to Coast bike route