

# Health and Fitness Group

Are you interested in exercise?

Would you like to get back into exercise after a recent life change?

Would you like to meet other people with an interest in exercise?

Come along to our health and fitness group where we will discuss different types of exercise, motivation to exercise and what can make this difficult.

Every Tuesday 10.30am-11:30am

Age UK North Tyneside

Bradbury Centre

13 Saville Street West

North Shields

NE29 6QP

For more information call 0191 287 7027 or email [laurie.zebik@ageuknorthtyneside.org.uk](mailto:laurie.zebik@ageuknorthtyneside.org.uk)

