

Discover Health 50+



April Taster Sessions

Wednesday 5th at 10.50am - 12.30pm

Nordic Walking / Health Walk

Venue: Gibside Reception, Rowlands Gill, NE16 6BG

Wednesday 12th at 10.30am - 11.30am

Staying Steady gentle exercise taster session

Venue: Winlaton Mill Village Hall, May Avenue, NE21 6SF

Wednesday 19th at 11am - 11.30am

Staying Steady gentle exercise taster session

Venue: Lobley Hill Community Centre, Scafell Gardens,
NE11 9LS

Wednesday 19th at 12.30pm - 1pm

Dancercise taster session

Venue: Lobley Hill Community Centre, Scafell Gardens,
NE11 9LS

Wednesday 26th at 11am - 12noon

VeraFlow - gentle Yoga style class.

Venue: Deckham Village Hall, Split Crow Road, NE8 3UB

For further information, contact us on 0191 4381721.