

# Discover Health 50+



## May Taster Sessions

### Wednesday 3<sup>rd</sup> at 11.30am – 12.30pm

Easyline Gym – (book with Sight Service on 0191 4785959)

**Venue:** Bradbury Centre for Sight, Pelaw, NE10 0HW

### Wednesday 10<sup>th</sup> at 1pm – 2pm

Information Talk – Bone Health

**Venue:** St Helen's Church Hall, Belle Vue Bank, Gateshead, Tyne & Wear NE9 6BR

### Wednesday 17<sup>th</sup> at 11am – 12noon

30-minute Seated Exercise followed by 30-minute VeraFlow (ladies only)

**Venue:** Gateshead Muslim Centre, 2-4 Westbourne Avenue, Gateshead, NE8 4NP

### Wednesday 24<sup>th</sup> at 12.30pm – 1.15pm

VeraFlow Taster – Dance, Yoga and Mindfulness

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

### Wednesday 31<sup>st</sup> at 10.30am-12.30pm

Beauty and Pamper morning – choice of beauty treatments. May include a surcharge, please contact for an appointment.

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

**For further information, contact us on 0191 4381721.**