

# Discover Health 50+



## June Taster Sessions

### Wednesday 7<sup>th</sup> at 11.30am – 12.30pm

Health Walk. Watergate Park Wildlife Trail (1.4 miles).

**Venue:** Meet at Watergate Park main car park,  
Wickham Highway, NE11 9RQ.

### Wednesday 14<sup>th</sup> at 11.30am – 12.30pm

'My Sight, My Future' Exercise talk and demonstration  
(book with Sight Service on 0191 4785959)

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

### Friday 23<sup>rd</sup> June at 10.15-11.15am

Seated Yoga and Relaxation

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

### Wednesday 28<sup>th</sup> at 10.30am-12noon

Garden Crafts

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

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