

Discover Health 50+



July Taster Sessions

Wednesday 5th at 11.00am—12noon

Health Walk around Derwent and Tyne (up to 3 miles).

Venue: Meet at FACT premises at Clasper Way,
Swalwell, NE16 3BE

Tuesday 11th at 1.00pm—2.00pm

Tai Chi for beginners taster session

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

Tuesday 25th at 2.30pm—3.30pm

Outdoor Tai Chi taster session at 'The Avenue'

Venue: Gibside National Trust, Rowlands Gill, NE16
6BG.

***Please get in touch if you would like support with
transport***

For further information, contact us on 0191 4381721.