

Wellbeing for Life Sessions

The Friends of Jesmond Library and the Elders Council of Newcastle will be re-launching their monthly “Wellbeing for Life” sessions at the beginning of October, but for the time being the meetings will be held online, using Zoom.

The meetings are primarily aimed at people aged over 50 who previously took part in the “physical” Wellbeing for Life meetings in Jesmond Library, but participation is open to all.

Requests to take part should go first to events@jesmondlibrary.org.

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Organiser: Friends of Jesmond Library

Useful Organisations

Friends of Jesmond Library

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