

Wellbeing for Life

“Wellbeing for Life” at Jesmond Library is a monthly meeting on the first Wednesday morning of each month. The meetings have many topics of interest from healthy living to cookery, hobbies and safety.

Meetings are informal and friendly, with guest speakers and time to chat, the meetings finish with a light lunch

To book a place contact events@jesmondlibrary.org.

Last updated: January 26, 2024

Organiser: Jesmond Library

Useful Organisations

Elders Council of Newcastle (Older People's Forum)

Email: info@elderscouncil.org.uk

Website: www.elderscouncil.org.uk

Telephone: 0191 208 2701

Jesmond Library

Email: enquiries@jesmondlibrary.org

Website: <http://jesmondlibrary.org/>

Telephone: 0191 281 2385