



South Tyneside Council



Connected Health and Leisure Event

**Friday 26 September 2025
1 - 4pm, Haven Point**

**FREE
EVENT**

**Exercise
taster classes**

**Local health
and wellbeing
services**

**Health
care talks**

www.southtyneside.gov.uk



NHS
South Tyneside Community
Musculoskeletal Service



Spread the word!

**THIS IS
SOUTH
TYNESIDE**

Take part in our Healthy Lives exercise taster classes, enjoy educational talks with healthcare professionals and browse stalls to talk with local health service providers. See our full timetable of events listed below:



Education Talks (Haven Point, Woulthave Room)

TALK	DESCRIPTION	TIME
FLIPPIN PAIN	Flippin' your understanding of pain could change the lives of you and your loved ones forever. The first step is understanding – attend this session to start the journey.	1 – 2pm
OSTEOARTHRITIS	Exploring myths, facts and options for living well with the condition. From surgery to squats with an experienced physiotherapist leading the session.	2 – 3pm
LIFESTYLE	Exploring the science behind why lifestyle factors matter, and how small changes can make a big difference to your health.	3 – 4pm

South Tyneside Council Leisure Services Exercise Taster Classes (Haven Point, Studio 2)

These classes are suitable for people with medical conditions, joint pain and low levels of fitness.

CLASS	DESCRIPTION	TIME
HEALTHY LUNGS	Suitable for people with lung conditions and heart problems. You will learn breathing techniques and how to pace yourself during each different activity.	1 – 1.30pm
HEALTHY LIVES CIRCUITS	A whole class warm up followed by different exercises around the room, allowing you to choose what is suitable for you.	1.45 – 2.15pm
HEALTHY KNEES & HIPS	These exercises offer different levels and options, included seated exercises, and are designed to help with pain management.	2.30 – 3pm
HEALTHY MIND & BODY RELAXATION	A seated Pilates workout with different levels and options, followed by mindful meditation. This is designed to keep you active in your mind and body.	3.15 – 3.45pm

Places must be booked in advance for the Education Talks and Taster Classes.

FOR BOOKINGS OR MORE INFORMATION PLEASE CONTACT:

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