

# Stress Awareness for Everyone

20<sup>th</sup> October 2015

11 a.m. to 3 p.m.

## MAIN HALL EVENTS

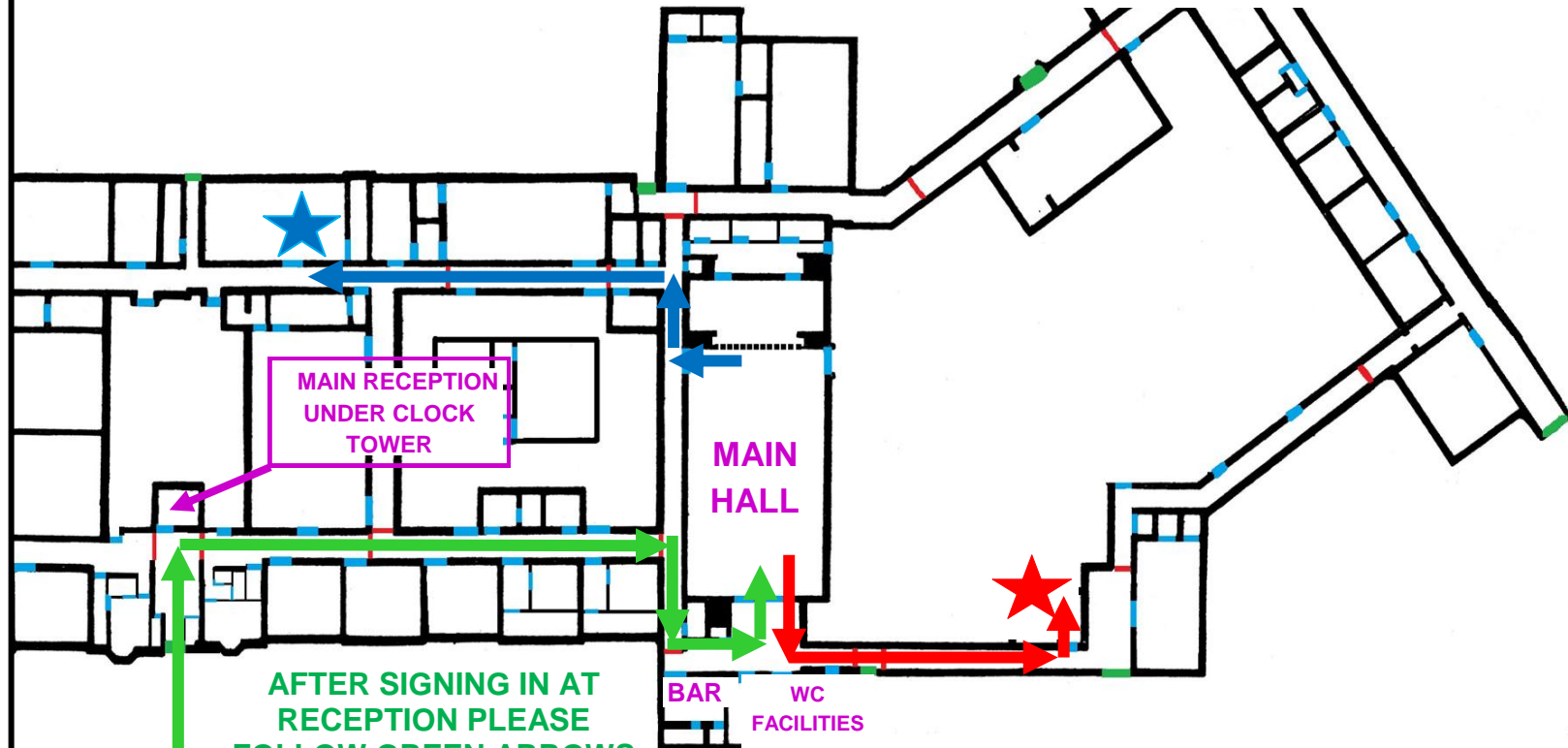
- 1100 Registration
- 1130 Zumba
- 1145 Yoga
- 1230 - 1300 Lunch
- 1330 Tai Chi
- 1430 Relaxation Exercises
- 1500 Raffle Draw

### ALSO:

- Linskill Healthy Walks.
- Community Matrons.
- Tyneside Mind.
- P.R.O.P.S.
- Weight Watchers.
- Age UK North Tyneside.
- Tyne & Wear Fire & Rescue Service.
- Voda.
- Aloe Vera.
- Art Class@Linskill.
- Gym Fit4Life.
- North Tyneside Recovery Partnership.
- Neal's Yard.
- Oasis Dental Care.
- Adult Learning Alliance.
- NTW NHS.
- Planet Skills.
- Linskill Centre.

**FOLLOW BLUE ARROWS  
FROM HALL TO DANCE  
STUDIO FOR EXERCISE  
TASTER SESSIONS** ★

**FOLLOW RED ARROWS  
FROM HALL TO ROOM E10  
FOR COMPLEMENTARY  
THERAPIES** ★



**AFTER SIGNING IN AT  
RECEPTION PLEASE  
FOLLOW GREEN ARROWS  
TO MAIN HALL TO  
REGISTER FOR SAFE.**

**MAIN ENTRANCE  
TO RECEPTION  
FOR SIGNING IN**

**CAR PARKING**

**CAR PARKING**

**LINSKILL CENTRE - PART BUILDING LAYOUT  
ACCESS INFORMATION FOR SAFE DAY**