

# Would you like to be more active and take control of your health? Join our **Every Move Matters** programme!

Our Every Move Matters programme is **FREE to attend** and is delivered by our fantastic Active Families Community Development team.

Come along to socialise, try fun group-based activities and find out how to improve your health and wellbeing over a cuppa!

## Where?

Marsden Road Community Centre,  
Marsden Road, South Shields,  
NE34 6REP

Every Thursday, 10am to 11:30am,  
starting from Thursday 20 July.

For more information, please contact a member of the Active Families team on: 07458 324 537



Supported by:

**RISE.**



Marsden Road Health Centre