

# THE Living Rooms

A community hub in Northallerton where it's

Renew Wellbeing sessions will restart on

**Wednesday 07.04.2021**

strictly following Covid-secure guidelines at

**5 Garthway Arcade, Northallerton DL7 8NS**

**every Monday, Tuesday, Wednesday and Friday mornings**

**10.00 - 11.00 or 11.30 - 12.30**

**Numbers are limited so please book a place by:**

email: [info@thelivingrooms.org.uk](mailto:info@thelivingrooms.org.uk)

We encourage the five ways to well-

Connect

Keep learning

Be active

Take notice

Give

We offer a warm welcome to all, of any faith or none so do join us for a drink and a chat, to share in an activity or a craft, or just sit quietly if you prefer.

**We also offer Zoom sessions on Monday and Friday mornings**

For details, please contact us through Facebook, email or text.



*Registered Charity No 1181883 A ONE Northallerton (Churches Together) project*