

5 Garthway Arcade, Northallerton DL7 8NS

A quiet shared space where it's ok not to be ok

Activities are based around the '5 ways to wellbeing'

Connect - Keep learning - Take notice -

- Be active - Give.

Would YOU like to be involved and join our fundraising runners for the



On Sunday September 10th

A few places still available

Alternatively please sponsor our runners

For more information contact Jo Swain on 07483 426 920

or by email at info@thelivingrooms.org.uk

or via Facebook – The Living Rooms Northallerton