

Dealing with back problems doesn't need to be a pain.

Monday 23 July
NORTH SHIELDS LIBRARY

Wednesday 15 August
WALLSEND LIBRARY

Thursday 6 September
WHITE SWAN CENTRE (KILLINGWORTH)

Monday 24 September
NORTH SHIELDS LIBRARY

Wednesday 17 October
WALLSEND LIBRARY

Thursday 8 November
WHITE SWAN CENTRE (KILLINGWORTH)

Monday 26 November
NORTH SHIELDS LIBRARY

Wednesday 12 December
WALLSEND LIBRARY

ALL SESSIONS START AT 4 PM

Discuss any problems you have with physiotherapists from Northumbria Healthcare NHS Foundation Trust.

**These sessions are
FREE of charge with
no appointment required.**