

Newport Health and Wellbeing Events

20 January - Pill Millennium Centre, Courtybella Terrace, Newport
and 22 January - Ringland Hub, 282 Ringland Circle, Newport

On Monday 20 January 2020 between 1pm and 6pm and Wednesday 22 January 2020 Newport City Council, in partnership with Aneurin Bevan University Health Board, hosted a community event where a wide range of organisations offered help to improve your health and wellbeing.

The first event took place at Pill Millennium Centre, Courtybella Terrace, Newport.

The second event was hosted at Ringland Hub, 282 Ringland Circle, Newport.

Some of the organisations offered taster sessions, interactive workshops and a wealth of information on a range of subjects including mental health support, financial and gambling support, weight management, stress reduction, a free health check, yoga and other physical activities, meditation, energy healing and much more.

