

Winter Wellbeing

7 Week Course

Week	Date	Time	Course
Week 1	Friday 23rd October	12:30pm - 1:00pm	Top Tips For Anxiety
Week 2	Friday 30th October	12:30pm - 1:00pm	Learning to Like Yourself
Week 3	Friday 6th November	12:30pm - 1:00pm	Getting a Good Night's Sleep
Week 4	Friday 13th November	12:30pm - 1:00pm	Mindful Sleep
Week 5	Friday 20th November	12:30pm - 1:00pm	Steps to 'Appiness
Week 6	Friday 27th November	12:30pm - 1:00pm	Wellness Toolbox
Week 7	Friday 4th December	12:30pm - 1:00pm	Daily Maintenance Planning

For more information, contact Michael Morrison, GPSW
Riverside Medical Practice On 028 7138 4100

**FREE
ONLINE
COURSE**

Enrolment open until 23rd October.

To Register:



NI: (028) 7186 5149
ROI: (086) 606 9480



NI: recoverycollegewest@westerntrust.hscni.net
ROI: Innovation.RecoverySouth@hse.ie