

Online Course Timetable

December 2021

South Hub: Cavan, Fermanagh, Leitrim, Monaghan and Sligo

Course	Date	Time
Men's Health	Thurs 2nd	2.30pm – 3.00pm
Mindfulness Hour	Fri 3 rd	2.30pm – 3.30pm
The Wellness Toolbox	Tues 7th	2.30pm – 3.00pm
Mindfulness	Thurs 9th	2.30pm – 3.00pm
Navigating Mental Health Services	Fri 10th	2.30pm – 3.00pm
5 Ways to Wellbeing	Tues 14th	2.30pm – 3.00pm
Models of Wellbeing	Thurs 16th	2.30pm – 3.00pm
Mindfulness	Fri 17th	2.30pm – 3.00pm

Call or email to book your space



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Northern Ireland
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**FREE
ONLINE
WORKSHOPS**

COURSES DELIVERED VIA ZOOM

