

## September 2022 Course Timetable

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

Course	Date	Time
5 Ways to Wellbeing	Thurs 1st	12.00pm – 12.30pm
Mindfulness	Fri 2nd	12.00pm – 12.30pm
The Wellness Toolbox	Thurs 8 <sup>th</sup>	12.00pm – 12.30pm
Physical Activity for Wellbeing	Fri 9 <sup>th</sup>	12.00pm – 12.30pm
Recognising & Strengthening your Resilience	Thurs 15 <sup>th</sup>	12.00pm – 12.30pm
Mindfulness	Fri 16 <sup>th</sup>	12.00pm – 12.30pm
Getting a Good Night's Sleep	Thurs 22nd	12.00pm – 12.30pm
Tips for Managing Anxiety	Fri 23rd	12.00pm – 12.30pm
Mindfulness	Thurs 29th	12.00pm – 12.30pm
Chat and Connect	Fri 30th	12.00pm-12.30pm

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**FREE  
ONLINE  
COURSE**

**Call or email to book your space**

**Innovation.RecoverySouth@hse.ie**