



*Do you want to support
your health and wellbeing
and find out where to access
supportive resources?*

Why not join an information session

To register please email:

health.improvement@belfasttrust.hscni.net

Information Session Dates and Times:

- Thursday 7th October - 10am-10.30am
- Thursday 4th November - 12pm-12.30pm
- Wednesday 8th December - 2pm-2.30pm

