

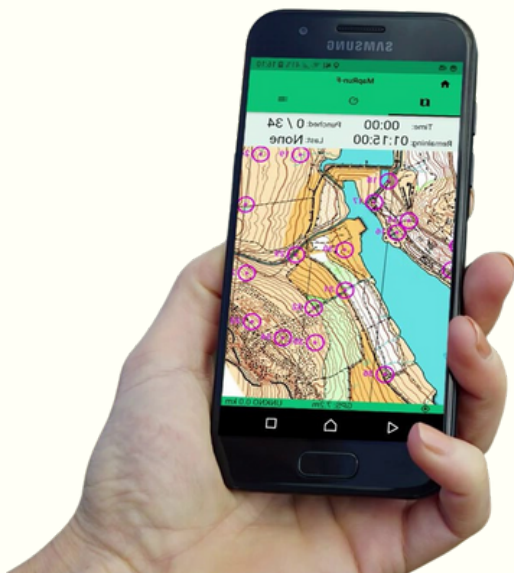


Belfast Health and
Social Care Trust

caring supporting improving together

NEW ACTIVITY FOR STAFF

Get Active This Autumn with Maprun



Look after your Mental Health and explore the sights and sounds of Knockbracken Healthcare Park with a series of mapped walks/runs on your phone

1 walking and 1 running route will be posted each week over the 6 week programme commencing Tues 3rd October

LAUNCH EVENT

Tue 26 September 1pm-1.30pm

Meet at KHCP Front Car Park and wear sensible footwear

For more information on the MapRun app visit the BWell site or contact health.improvement@belfasttrust.hscni.net

To register for the launch and/or the lunchtime walking or after-work running programme, please complete the MS form

