




# HERE4U

Here4U is designed to help staff feel more valued by Belfast Trust and also give everyone the opportunity for exercise, relaxation and enjoyment. Here4U is part of the Trust's wider bWell initiative.

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- A woman in a white t-shirt and black leggings is performing a Pilates exercise on a grey mat. She is in a plank position, with her hands on the floor and her feet together. In the background, other people are also on mats, suggesting a group class setting.
- Are you a *physio-led* Pilates instructor?
  - Would you like to be a facilitator for Here4U?

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