

HERE4U

A HEALTH AND WELLBEING INITIATIVE THAT'S
FREE FOR TRUST STAFF



**WHAT'S ON -
ARCHES WB & TREATMENT CENTRE**

SEPT - NOV 2026

TUESDAYS

**TAI CHI - CONFERENCE ROOM
5.30 - 6.30PM**



**SCAN QR CODE FOR REGISTRATION FORM OR
EMAIL: HERE4U@BELFASTTRUST.HSCNI.NET**

**FOR MORE INFORMATION ON WHATS ON /
TIMETABLES & REGISTRATION FORM CHECK OUT -
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