

HERE4U

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



**WHAT'S ON -
BELFAST CITY HOSPITAL**

SEPT - NOV 2026

MONDAYS



**CLUBBERCISE 6.15 - 7.15 PM
AMHIC GYM HALL**

TUESDAYS



**HIIT CLASS
(HIGH INTENSITY INTERVAL TRAINING)
6 - 7 PM
AMHIC GYM HALL (ACUTE MENTAL HEALTH
INPATIENT CENTRE)**



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

**FOR MORE INFORMATION ON WHATS ON /
TIMETABLES & REGISTRATION FORM CHECK OUT -
BWELLBELFAST.HSCNI.NET**