

HERE4U

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

**WHAT'S ON -
EVERTON CENTRE**

SEPT - NOV 2026



THURSDAYS

**TAI CHI - GYM HALL
5.00 - 6.00PM**



**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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