

HERE4U

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

**WHAT'S ON -
KNOCKBRACKEN HEALTHCARE PARK**

SEPT - NOV 2026



TUESDAYS

**YOGA - KNOCKBRACKEN HALL
6.30 - 7.30PM**

THURSDAYS

**CIRCUITS 5.30 - 6.30PM
DANCE CLASS 7.00 - 8.00PM
BOTH HELD IN KNOCKBRACKEN HALL**



**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**