

HERE4U

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



**WHAT'S ON -
MUSGRAVE PARK HOSPITAL**

SEPT - NOV 2026

TUESDAYS



**CHOIR - HOSPITAL CHURCH
5.45 - 7.00PM**



PILATES - MITRE UNIT SPORTS GYM

**BEGINNER - 4.45 - 5.30PM & 5.35 PM - 6.20PM
IMPROVERS - 6.25PM - 7.25PM**

WEDNESDAYS



**PHOTOGRAPHY CLASS
BETTY CHAMBERS ROOM 6.30 - 8.30PM**



**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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