

HERE4U

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



**WHATS ON -
ONLINE CLASSES**
SEPT - NOV 2026

MONDAYS

PILATES - 6.30 - 7.30PM

TUESDAYS

PILATES - 8.00 - 9.00PM
ART - BEGINNER WATERCOLOUR
7.00 - 8.30PM

WEDNESDAYS

YOGA - 5.45 - 6.30PM

THURSDAYS

YOGA - 7.00 - 8.00PM



**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**