

HERE4U

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

WHAT'S ON - ROYAL HOSPITALS

SEPT - NOV 2026

THURSDAYS



YOGA - SAYERS ROOM 6-7PM



**PHYSIO LED PILATES - ELLIOT
DYNES LECTURE THEATRE
BEGINNERS 5-6 PM
IMPROVERS 6-7PM**



**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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