Belfast Health and Social Care Trust
caring supporting improving together

HERE4U

bwell
here for u
... u matter

A Health & Wellbeing Initiative thats FREE for all Trust Staff

January - March 2027
What's On - Arches Wellbeing & Treatment Centre

Weekly Activities

TUESDAYS



Tai Chi
Conference Room
5.30 - 6.30 PM

Register Now

Scan the QR Code for Registration Form

For More Information on What's On / Timetables & Registration form check out **bwellbelfast.hscni.net**