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 - Bradbury Wellbeing & Treatment Centre

## Weekly Activities

### MONDAYS




**Yoga**
**5.45 - 6.45PM**

### WEDNESDAYS




**Ukulele Class**
**(Beginners must have their own instrument)**
**Beginner 5 6 PM**
**Improvers 6 - 7PM**

## Register Now

**Scan the QR Code for Registration Form**

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