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 - Knockbracken Hall

Weekly Activities

TUESDAYS



Yoga
6.30 - 7.30PM

THURSDAYS



Circuits
5.30 - 6.30PM



Dance Class
7.00 - 8.00PM

Register Now

Scan the QR Code for Registration Form

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