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 - Musgrave Park Hospital

Weekly Activities

TUESDAYS



Choir - Hospital Church
5.45 - 7.00pm



Physio Led Pilates - Mitre Unit - Sports Gym
Beginners 4.45 - 5.30 PM & 5.35 - 6.20 PM
Improvers 6.25 - 7.25PM

Register Now

Scan the QR Code for Registration Form

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