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 - Royal Hospitals

Weekly Activities

THURSDAYS



Yoga - Sayers Room
Old ENT building
6 - 7pm



Physio Led Pilates
Elliot Dynes Lecture Theatre
Beginners 5 - 6PM
Improvers 6 - 7 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**