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 - Online

Weekly Activities

Monday	**Pilates - 6.30 - 7.30PM**
Tuesday	**Pilates - 8.00 -9.00PM** **Art - Watercolour** **7.00 -8.30PM**
Wednesday	**Yoga - 5.45 - 6.30PM**
Thursday	**Yoga - 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**