

Take a Break! Workshops

Are you caring for someone who is ill, frail or disabled?

Come and take a break for a morning and enjoy discussion, relaxation activities and a light lunch

10am –1pm

Thursday 27th July 2017, Corick House, Clogher

Wednesday 2nd 2017, Kilmory Arms, Kilkeel

Friday 4th August 2017, Seagoe Hotel, Portadown

Friday 11th August 2017 Canal Court, Newry

To register please contact

The Promoting Wellbeing Team on

028 3083 4252



Advice and Information

**Relaxation
Techniques**

Meet new friends

MINDFULNESS