

Joy through Self Care



- A 4 Week Wellbeing Programme on Zoom with Nuala.
- Music, Movement, Fun, Laughter, Connection, Relaxation and Joy.
- Starts Thursday 25th November 2021 for 4 weeks from 11am – 12pm.
- Book your place NOW and come join in the fun.

Northern Sector:
Deirdre Kelly
on 02871864323

Southern Sector:
Jonathan McGuigan
on 02882835124

November

25



11:00



12:00

