



CANS Mental and Physical Wellbeing Project is raising awareness of 'Take 5' steps for your Emotional Wellbeing in Greater Belfast areas.

Free Event:

Mindfulness / Wellbeing Workshop

Delivered by Wellbeing Clinic Belfast

++ please wear comfortable clothes and bring a blanket if available ++

Date: Wednesday, 1st February 2017

Time: 5.30pm

Venue: Chinese Welfare Association (CWA)

1 Stranmillis Embankment, Belfast. BT7 1GB

For more information:

Email: cansinfo@counsellingallnations.org

Mob: Text name and number to: 0754-644-3538

Registration is highly recommended!

'Supported by the Public Health Agency through the CLEAR Project'

