



**Community  
Health  
Sync  
Project**

**ConnectedHealth** 

**Connected Health Facilitators are offering support through the *Community Health Sync Project* during the COVID -19 Pandemic!**

**FREE**

# Online **Chi-Me** workshop

**The Workshop Promotes:**

- ✓ Muscular Strength
- ✓ Balance
- ✓ Co-Ordination
- ✓ Flexibility
- ✓ Relaxation & promotes Better Breathing

**It creates a wonderful sense of wellbeing & can help maintain/improve quality of life**

**Course  
Beginning  
Monday 26<sup>th</sup>  
April - 12noon**

**To secure your place on the course or to find out more information please contact one of our Facilitators:**

**Sinead Donnelly**

**Tel: 07778432972**

**Nicola Mitchell**

**Tel: 07766922593**

**Faye Chisnall**

**Tel: 07778432979**

**Rachel Molloy**

**Tel: 07899060173**

**\*\*All members Access Ni Checked**



Féidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Northern Ireland - Ireland - Scotland  
European Regional Development Fund



cooperation and working together  
for health gain and social well being in border areas



Southern Health  
and Social Care Trust