



**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
Thursday 29th
April – 10am**

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