

East Belfast Health Symposium

If you work, live or volunteer in East Belfast, come join us for this fun and lively discussion on wellbeing and resilience to gain some knowledge for you and your community

Stormont Hotel - Thursday 24th February 2022, 9.00am to 2.00pm

Guest Speakers

Compassion Fatigue Ireland - Jennifer Reidy

Causeway Living - Scott Riley



The the opportunity for 2x 30 minute practical workshops

Workshop 1: Patrick McIlwee Mindfulness for busy minds

Workshop 2: James Hamilton Fun with Drums

Workshop 3: Jennifer Reidy Exploring the senses

Workshop 4: Scott Riley Wim Hof breathing method



To register please contact eleanor@ebcda.org and select your 2 workshops

First 100 to register will receive a free wellbeing pack on the day.

Numbers are restricted due to covid so please book your place early as to not miss out!

For more information on workshop details or presenters contact richard@ebcda.org