



#RETHINK

Building Resilience in our Communities



DATE **CONNECT WORKSHOP**

MARCH 21ST **Relaxation** with Nuala Mc Keever – click on link to register
<https://us06web.zoom.us/join/9118467417>

DATE **TAKE NOTICE WORKSHOP**

MARCH 22ND **Mindfulness** with Anne Costello – click on link to register
<https://us06web.zoom.us/join/9118467417>

DATE **KEEP LEARNING WORKSHOP**

MARCH 23RD **Nutrition** with Jade Bradley – click on link to register
<https://us06web.zoom.us/join/9118467417>

DATE **GIVE WORKSHOP**

MARCH 24TH **Self- Care** with Caroline Burrows – click on link to register
<https://us06web.zoom.us/join/9118467417>

DATE **BE ACTIVE WORKSHOP**

MARCH 25TH **Chair yoga** with Anne Monaghan – click on link to register
<https://us06web.zoom.us/join/9118467417>

For further information on the **#RETHINK Project**

Email: shannon.mcgowan@bitcni.org.uk or go online to

www.bbhealthforum.org www.bitcni.org.uk www.archlc.com

