

Check this out - New Programme Commencing January 2024!

6-Week Resilience Programme

Improve your health and wellbeing in this popular resilience building programme!



Some of the techniques you will learn & practice in this 6-week programme include
Mindfulness - Goal Setting - Letting go of Limiting Beliefs & much more

DATES: Wednesdays 10th, 17th, 24th, 31st January, 7th and 14th February

TIME: 12 – 1 p.m.

VENUE: Fermanagh House, Enniskillen BT747HR

***Ring Anne Taggart today for more information and
to book your place 07952822157***

Programme Presented by The ARC Healthy Living Centre and Funded by ENRA, Neighbourhood Renewal

