

Take5
steps to wellbeing



Connect



Keep learning



Be active

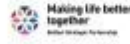


Take notice



Give

www.makinglifebettertogether.com



Public Health
Agency

Project supported by the PHA



Keep learning

CANS Mental and Physical Wellbeing Project is raising awareness of 'Take 5' steps for your Emotional Wellbeing in Northern Trust areas.

6 Weeks Free Events

Living Life To The Full (LLTTF) for looking after yourself programme.

Date: Wednesday, 20th January 2021

Time: 5.50pm

Venue: Remote by Zoom

For more information:

Email: cansinfo@counsellingallnations.org

Mob: Text name and number to: 0778-365-6472 or 0778-365-6492

'Supported by the Public Health Agency through Impact Network NI'



CANS is a registered charity, No: NIC 100444.