

New Year, New You.

To register call the Support Line on 0808 8010 722

**Top Tips for
promoting a
healthy
lifestyle**

(1 hour Zoom)

Belfast HSCT
Mon 23rd Jan
7-8pm

Southern HSCT
Wed 25th Jan
10.30 – 11.30am

Western HSCT
Thurs 26th Jan
10.30 – 11.30am

Northern HSCT
Mon 30th Jan
7-8pm

South Eastern HSCT
Wed 1st Feb
7-8pm



Parenting NI



Public Health
Agency



Clear
Enhancing well-being & Mental Health