

Winter Wellbeing Day – ‘Journeys’

Friday 17th January 2020

Where: Dundalk Institute of Technology,
Department of Nursing,
Midwifery & Early Years

Theme: Journeys

When: Friday 17th January 2020
9.30am – 1.00pm

What's Happening?

- Registration @ 9.30am
- Welcome
- ‘Grub Box’ Exhibition – Pavee Point
- Taster Work Shops
- World Cafe
- Guest Speakers
- Music, Culture & laughter
- Light refreshments will be provided

The Recovery College welcomes **everyone** with an interest in mental health, well-being and recovery.

To Register contact: DNNE Recovery College:

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Website

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