

Recovery College Winter Wellbeing Day 2020

Date: Friday 17th of January

Time: 9.30am – 1.00pm

Venue: Dundalk Institute of Technology

9.30am Registration

Exhibitions include:

‘Grub Box’ Pavee Point

‘Photo Exhibition’ Eolas Project

9.50am Welcome

(M128)

10.10am Taster Work Shops: (Pick one)

*Yoga

(M113)

*Craft for Wellness

(M112)

*Get connected through *Drama*

(M111)

**Song Craft*

(M212)

11.00am Tea/Coffee Break

11.15pm World Café

12.00pm Guest Speakers

(M128)

For further information contact DNNE Recovery College:

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