



Starting Tuesday 20th April - for 7 weeks

10.30am - 12.00pm

FREE to everyone via ZOOM link.

BALANCING YOUR WHEEL OF LIFE

Learn practical ways to steer your own wheel

When one aspect of our life becomes the focus and the others are neglected, the wheel is out of balance. We know what happens to an out-of-balance wheel. It gets wobbly and is likely to crash. Our wheel, your life, needs to be balanced.

- Rest & Sleep
- Creativity & Play
- Physical Wellness
- Social Wellness
- Intellectual Stimulation
- Spirituality & Purpose
- Money



**If you would like to participate
please contact Sandra on 0861744863 or Tracey on 0861382482**



Rialtas na hÉireann
Government of Ireland



The Community Mental Health Fund, supported by the Department of Health



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth