

**Starts Monday 19th April – for 4 weeks**

**10.30am – 12.00pm**

**FREE online via ZOOM**

**Wellness, Wisdom & Wellbeing for Women**



This is a **4 week course** comprising of:

- Wellness Techniques for Relaxation
- A Self-Love Session
- Angel Cards & Meditation
- Women's Wellbeing Circle

**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