

# Online Course Timetable

18TH MAY - 29TH MAY 2020

Courses Delivered Via **Zoom**

Course	Date	Time
Practicing Self Care	18th May	10.30am - 11.00am
Covid Wellness Toolbox	19th May	2.30pm - 3.00pm
Getting a Good Night's Sleep	20th May	4.00pm - 4.30pm
Mindful Sleep	21st May	4.00pm - 4.30pm
Mindfulness and Relaxation	22nd May	10.30am - 11.00am
5 Ways to Wellbeing	26th May	2.30pm - 3.00pm
Tips for Anxiety During COVID-19	27th May	11.00am - 11.30am
Steps to 'Appiness	26th May	11.00am - 11.30am
Models of Wellbeing	29th May	10.30am - 11.00am

**Interested in a course?  
Get in touch to register today -**

 NI (028) 7186 5149 or ROI (086) 606 9480

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