

Wellness Workshops

LINC and **SOS** are hosting a Wellness Workshop
on **28 January 2011** in LINC premises at
11A White Street, Cork

Do you want to learn...

- What it is that creates your mood?
- How to take control of your busy life?
- How to treat yourself to “you time” for a minute or two throughout your day?
- How to identify the supports that are all around you?

“The Wellness Workshop” is a day filled with practical and easy to use tips and advice that will help you take control of your own mental health.

It's a free training day where you will hear real life experiences that will give you the chance to change your own life.

This workshop is part of the See Change programme.

For more details please call Toddy Hogan

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email: info@linc.ie

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Registered Charity Number: CHY 16442

