

# Online Course Timetable

27TH APRIL - 15TH MAY 2020

Courses Delivered Via **Zoom**

Course	Date	Time	How to Register
Maintaining my wellness through COVID	27th April	10.30am - 11am	NI: 077 6700 3866 ROI: 086 606 9480
5 ways to wellbeing	28th April	11.30am - 12pm	NI: 077 6700 3866 ROI: 086 606 9480
Tips for managing anxiety during COVID	29th April	2pm - 2.30pm	NI: 028 7129 6183 ROI: 087 781 7947
Physical activity for wellbeing	1st May	10.30am - 11am	NI: 077 6700 3866 ROI: 086 606 9480
Learning to like yourself	4th May	11am - 11.30am	NI: 028 7129 6183 ROI: 087 781 7947
5 ways to wellbeing	5th May	4pm - 4.30pm	NI: 028 7129 6183 ROI: 087 781 7947
The COVID wellness toolbox	6th May	2.30pm - 2.50pm	NI: 077 6700 3866 ROI: 086 606 9480
Tips for managing anxiety during COVID	7th May	1pm - 1.30pm	NI: 077 6700 3866 ROI: 086 606 9480
Maintaining my wellness through COVID	12th May	7pm - 7.30pm	NI: 028 7129 6183 ROI: 087 781 7947
Getting a good night's sleep	13th May	10.30am - 11am	NI: 028 7129 6183 ROI: 087 781 7947
The COVID wellness toolbox	14th May	1pm - 1.30pm	NI: 077 6700 3866 ROI: 086 606 9480
Introduction to mindfulness	15th May	11am - 11.30am	NI: 077 6700 3866 ROI: 086 606 9480