

CKCH / SSWHG Annual Staff and Family Wellbeing Event
- thanking you for all you have done.

WELLdone!

CARING FOR YOUR WELLBEING

A day of health and wellbeing
in the comfort of your home

Saturday JUNE 27th
10AM to 3PM
Online

A fantastic line up of speakers,
MC'ed by **Deric O' h'Artagain:**



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|-------|-----------------|-----------------|
| 10:00 | Priscilla Lynch | Opening address |
| 10:15 | Rob Heffernan | Family exercise |
| 11:00 | Ballyseedy | Gardening |
| 12:00 | Richard Hogan | Resilient kids |
| 1:00 | Rachel Allen | Cook along |
| 2:00 | Tony Humphreys | Parenting |
| 2:50 | CUH Choir | Closing song |

To access the timetable and how to join, go to:
www.thewellbeingnetwork.ie/welldone/