

On International Social Prescribing Day 2021 let's talk about



Mental Health, Wellbeing and Self-Care in Challenging Times

JOIN THE DLR SOCIAL PRESCRIBING PROGRAMME FOR HEALTH & WELLBEING, BRAY & GREYSTONES ASPIRE SOCIAL PRESCRIBING PROGRAMME FOR HEALTH AND WELLBEING AND SHINE TO FIND OUT ABOUT USEFUL STRATEGIES TO MIND YOUR MENTAL HEALTH AND LOOK AFTER YOUR WELLBEING DURING THESE DIFFICULT TIMES.

11 AM - 12 NOON via Zoom
THURSDAY, MARCH 18TH, 2021

Our speaker: Rachael Hughes, Shine - Supporting people affected by ill mental health

For more information please contact Lisa Sieger-Jamison at lisa.sieger@sspship.ie or 087 737 0372 or email Alexandra Kelly at alex@brayareapartnership.ie
Open to the first 30 registered participants.



#socialprescribingday

Celebrate International Social Prescribing Day with us

Bring a cuppa and join the conversation



DLR SOCIAL PRESCRIBING FOR HEALTH AND WELLBEING



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