

Recovery College Winter Wellbeing Day 18th Jan 2019

*Venue: Dundalk Institute of Technology,
Department of Nursing and Midwifery*

Date : Friday 18th of January 2019

Time: 10.30am - 2.00pm

Registration @ 10.30am

What you can expect on the Day:

- ✓ Taster Work Shops
- ✓ World Cafe
- ✓ Guest Speakers from the local community
 - ✓ Music, Culture & Laughter
- ✓ Light refreshments will be provided

The Recovery College welcomes everyone in the community with an interest in personal growth, mental health wellbeing and recovery.

To register, contact the Recovery College:

phone- 01 7007907

email- recoverycollege@dcu.ie

website- www.recoverycollege.ie



Dublin North, North East
RECOVERY COLLEGE

