

# “Taste 5”



## “Taste 5” - steps to wellbeing event for World Mental Health Day 2015

Take part in four taster sessions that help to achieve the ‘Take 5’ steps to wellbeing. The sessions include: *relaxation techniques, nutrition, gardening and dance.*

**Tuesday 6 October 2015**  
starting at **10.00 am** to **12.00 pm** followed by *lunch*  
**East Belfast Network Centre**

To book your place please contact Jean Higginson, at [jean@ebcda.org](mailto:jean@ebcda.org) or telephone 028 9045 1512

For more information please contact Clare or Alison, via email [clare@ebcda.org](mailto:clare@ebcda.org) or [alison@ebcda.org](mailto:alison@ebcda.org)

# “Taste 5”



## “Taste 5” - steps to wellbeing event for World Mental Health Day 2015

Take part in four taster sessions that help to achieve the ‘Take 5’ steps to wellbeing. The sessions include: *relaxation techniques, nutrition, gardening and dance.*

**Tuesday 6 October 2015**  
starting at **10.00 am** to **12.00 pm** followed by *lunch*  
**East Belfast Network Centre**

To book your place please contact Jean Higginson, at [jean@ebcda.org](mailto:jean@ebcda.org) or telephone 028 9045 1512

For more information please contact Clare or Alison, via email [clare@ebcda.org](mailto:clare@ebcda.org) or [alison@ebcda.org](mailto:alison@ebcda.org)