

Five Ways to Wellbeing
Hannon's Hotel, Roscommon
Thurs 18th October 10.30am to 1.30pm

10.30 Tea/Coffee & sweet plate reception

11.00 Martin Rogan CEO of Mental Health Ireland will open the event

International Motivational Speaker
Darren Cawley

Voted the Highest Rated Guest Speaker at the 2014 & 2015 EDTNA/
ERCA 3 day Conference in Riga, Latvia and Dresden, Germany.
Darren inspires, entertains and educates on the
importance of mental and physical wellbeing.

Five Community Workers will discuss the Five Ways to Wellbeing



For more
details contact:
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Mental Health
Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive