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

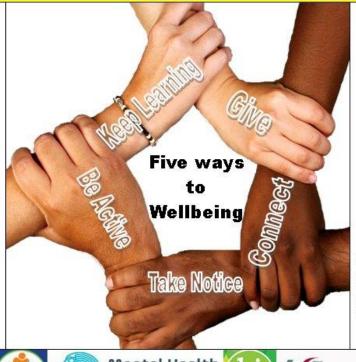
10.30 Tea/Coffee & sweet plate reception

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: Teresa Keane 087 167 9549











Feidhmeannacht na Seirbhíse Slainte Health Service Executive