

Brain Tumour Ireland presents "A Gift to Yourself"



Brain Tumour Ireland hosts a series of Wellness Days for those diagnosed with brain tumours and for their families, carers or friends. The next event takes place on Saturday May 7th 2016, 10am -3.15pm, in Ennismore Retreat Centre, Cork.

We would love you to join us.

Facilitators are listed below, in addition to the running order for the day.

TIME	Details
10.00am – 10.15am	Registration/Tea & Coffee
10.15am - 10.30am	Welcome from Brain Tumour Ireland
10.30am – 11.30am	<b>Wellness Session 1: Mindfulness</b> <b>Facilitator: Alvina Cassidy</b> Certified teacher of MBSR/MBCT Cert Fundamentals of Counselling & Psychotherapy Cert Bereavement Counselling BA(Hons) Psych/Soc
11.30am - 11.45am	Tea Break
11.45am - 12.45pm	<b>Wellness Session 2: Nutrition</b> <b>Facilitator: Diarmuid F. Duggan</b> BSc Sports & Exercise Sc, Grad Dip Nutritional Sc, Grad Dip Dietetics MA Cognitive Behavioural Therapy
12.45pm - 2.00pm	Lunch
2.00pm - 3.00pm	<b>Wellness Session 3: Art Therapy</b> <b>Facilitator: June Fitzgerald</b> Dip Fine Art, BA (Hons) Counselling, Grad Dip Art Therapy
3.00pm - 3.15pm	Close

If you wish to attend, please RSVP to [sandra@braintumourireland.com](mailto:sandra@braintumourireland.com)  
(Places are limited and will be allocated on a first come first served basis)