



Brain Tumour Ireland presents "A Gift to Yourself"



Brain Tumour Ireland is hosting a Wellness Day for those diagnosed with brain tumours and for their families, carers or friends.

This will take place on Saturday 10<sup>th</sup> September in the Wisdom Centre on Cork St, Dublin 8.

We would love you to join us at this event.

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

Time	Sessions/ Facilitators
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> Facilitator: Kathleen Curley-Clarke, Mindfulness Based Stress Reduction Teacher
11.30am - 11.45am	Break
11.45am - 12.45pm	<b>Wellness Session 2: Yoga</b> Facilitator: Orla Fitzgerald Yoga Instructor and Acupuncturist
12.45pm - 2.00pm	Lunch
2.00pm - 3.00pm	<b>Wellness Session 3: Nutrition</b> Facilitator: Gillian McConnell BSc Dietetics, MINDI, PgCert Sports Nutrition
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)