



# Wellness Day

**Ennismore Retreat Centre, Cork - Sat 20<sup>th</sup> May**



<b>TIME</b>	<b>Facilitator</b>
<b>10.00am – 10.30am</b>	<b>Tea &amp; Coffee</b> <b>Welcome from Brain Tumour Ireland</b>
<b>10.30am – 11.30am</b>	<b>Wellness Session 1: Mindfulness</b> <b>Facilitator:</b> Nicola Morey B.Comm, MBS (HR), Qualified Mindfulness Teacher (MBSR).
<b>11.45am - 12.45pm</b>	<b>Wellness Session 2: The Herb &amp; Vegetable Garden – growing for nutritional food</b> <b>Facilitator:</b> Michael Kelly writer, and founder of GIY and GROW HQ, Ashoka Fellow, Member TASTE Council of Ireland & Irish Food Writers Guild.
<b>12.45pm – 1.45pm</b>	<b>Lunch</b>
<b>2.00pm - 3.00pm</b>	<b>Wellness Session 3: Music Therapy</b> <b>Facilitator:</b> Jess O'Donoghue, MA Music Therapy UL, BSc Speech & Lang Therapy NUIG.