



Wellness Day

Ennismore Retreat Centre, Cork - Sunday 20th May 2018



TIME	Programme
10.00am – 10.30am	<p style="text-align: center;">Tea & Coffee Welcome from Brain Tumour Ireland</p>
10.30am – 11.30am	<p style="text-align: center;">Wellness Session 1: Mindfulness Facilitator: James O’Shea, Prof. Cert. in Mindfulness Teaching (MBSR/MBCT - IMA).</p>
11.45am - 12.45pm	<p style="text-align: center;">Wellness Session 2: Nutrition Facilitator: Facilitator: Louise Kane, Dip Nutrition & Lifestyle Coach, IHS.</p>
12.45pm – 1.45pm	<p style="text-align: center;">Lunch</p>
2.00pm - 3.00pm	<p style="text-align: center;">Wellness Session 3: Music Therapy Facilitator: Jess O’Donoghue, MA Music Therapy UL, BSc Speech & Lang Therapy NUIG.</p>