



Wellness Day

Ennismore Retreat Centre, Cork - Sunday 26th May 2019



TIME	Session/Facilitator
10.00am – 10.30am	Tea & Coffee Welcome from Brain Tumour Ireland
10.30am – 11.30am	Wellness Session 1: Mindfulness Facilitator: James O'Shea, Prof. Cert. in Mindfulness Teaching (MBSR/MBCT - IMA)
11.45am - 12.45pm	Wellness Session 2: Nutrition Facilitator: Louise Kane, Dip Nutrition & Lifestyle Coach, HIS
12.45pm – 1.45pm	Lunch
2.00pm - 3.00pm	Wellness Session 3: Let's Dance Facilitator: Rachel O'Keeffe, Dance & Yoga Instructor