



Wellness Day

**Donegal Cancer Support Centre, Letterkenny, Donegal
Saturday 21st September 2019**



TIME	Session/Facilitator
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: Feel Good Yoga Gentle Movement, Breath Work & Relaxation Facilitator: Noeleen Murphy, Yoga teacher and therapist</p>
11.45am - 12.45pm	<p style="text-align: center;">Wellness Session 2: Nutrition 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: Let's Dance Facilitator: Sarah-Marie McDevitt, Pinehill Studios</p>