



WELLNESS DAY

FOR FAMILIES LIVING WITH SUBSTANCE USE

DATE SATURDAY, 22ND APRIL

TIME 9.30 – 4.30

LOUGHREA HOTEL & SPA, LOUGHREA, GALWAY

This day aims to give families a small break away for their daily lives. The day includes working with alternative therapists focused on self-care and wellness. Caitriona and Martina are both experienced therapists that utilize difference approaches to promote wellness. There is no cost and lunch is included. It is an opportunity also to meet others in similar situation. We look forward to meeting you on the day.

The schedule for day is as follows

9.30 Tea/coffee on arrival, introduction

10.30-12.30 Group activity

12.30-14:00 Lunch

14:00-16:00 Group activity

16:00-16:30 Tea/coffee, close

FOR MORE INFORMATION CONTACT: HILLARY NOLAN @ 087 6846512 / DEBBIE MCDONAGH @ 087 6955557