

March Events

Top picks for March from our Phase 3 HealthWell Programme

Yoga Fundamentals: 6 week online progressive programme
Gary Milligan, Fitness Belfast, 5.00pm - 6.00pm



Healthy Bodies
[Click here](#)

01
March

Zumba: 6 week online programme
Anne Bresland, 360 Active 7.00pm - 8.00pm



Healthy Bodies
[Click here](#)

01
March

Pilates: LEVEL 1: 6 week online progressive programme
Anne Bresland, 360 Active 4.00pm - 5.00pm



Healthy Bodies
[Click here](#)

02
March

Male Cancer Awareness Session
Action Cancer 3.00pm - 4.00pm



Healthy Bodies
[Click here](#)

02
March

Pilates: LEVEL 2: 6 week online progressive programme
Anne Bresland, 360 Active 4.00pm - 5.00pm



Healthy Bodies
[Click here](#)

03
March

Yoga Fundamentals: 6 week online progressive programme
Gary Milligan, Fitness Belfast, 12.30pm - 1.30pm



Healthy Bodies
[Click here](#)

04
March

Line Managers Role in Managing Stress
Health Matters 2.30pm - 5.30pm



Healthy Minds
[Click here](#)

07
March

Mental Health Awareness for Line Managers
Health Matters 2.00pm - 5.00pm



Healthy Minds
[Click here](#)

08
March


Living with Worry and Anxiety
Inspire 10.00am - 11.00am



Healthy Minds
[Click here](#)

09
March

Adolescence and Gender
Bronagh Starrs 4.00pm - 5.00pm



Healthy Minds
[Click here](#)

09
March

Domestic and Sexual Violence and Abuse Training
Women's Aid 10.00am - 1.00pm



Healthy Minds
[Click here](#)

09
March

Managing Stress Building Resilience
Health Matters 4.00pm - 5.00pm



Healthy Minds
[Click here](#)

15
March

Managers Promoting Positive Mental Health
Inspire 2.00pm - 4.00pm



Healthy Minds
[Click here](#)

29
March

To view the full EA HealthWell Programme please [Click here](#)

For any queries please contact the Health and Wellbeing team at healthandwellbeing@eani.org.uk