

# New Year, New You.

To register call the Support Line on 0808 8010 722

**Top Tips for  
promoting a  
healthy  
lifestyle**

**(1 hour Zoom)**

**Belfast HSCT**  
**Mon 23rd Jan**  
**7-8pm**

**Southern HSCT**  
**Wed 25th Jan**  
**10.30 – 11.30am**

**Western HSCT**  
**Thurs 26th Jan**  
**10.30 – 11.30am**

**Northern HSCT**  
**Mon 30th Jan**  
**7-8pm**

**South Eastern HSCT**  
**Wed 1st Feb**  
**7-8pm**



Parenting NI



Public Health  
Agency



**Clear**  
Enhancing well-being & Mental Health