



MINDFULNESS SUMMER WORKSHOPS

	Monday	Wednesdays	Thursday	Saturday
BELFAST		<p>Belfast - Crescent Arts Centre, 29th July 10am - 12pm</p> <p>Belfast - Lagan Barge, 29th July 2pm – 4pm</p> <p>Belfast - Crescent Arts Centre, 29th July 7pm - 9pm</p>		
NORTHERN		<p>Ballymena - Women's Aid, Naomi Centre, 22nd July 2pm – 4pm & 7pm – 9pm</p> <p>Cookstown - The Hub, 5th August 2pm – 4pm</p> <p>Coleraine - Sandel Centre, 19th August 7pm – 9pm</p>	<p>Ballymoney - Town Hall, 23rd July 2pm – 4pm</p> <p>Magherafelt - Greenvale Leisure Centre, 23rd July 7pm – 9pm</p> <p>Carrickfergus - Carrickfergus Library, 30th July 2pm – 4pm</p> <p>Antrim - Women's Aid, 30th July 7pm – 9pm</p>	
SOUTHERN		<p>Dungannon - Ranfurly House, 5th August 7pm – 9pm</p>	<p>Armagh - Community Hospital, 6th August 2pm – 4pm</p> <p>Armagh - Dobbin Community Centre 6th August 7pm – 9pm</p> <p>Newry - Newry Library, 13th August 10am – 12pm & 2pm – 4pm</p> <p>Newry - Ballybot House, 13th August 7pm – 9pm</p>	
SOUTH EASTERN	<p>Lisburn - Bridge Community Centre 27th July 2pm – 4pm</p> <p>Bangor - Hamilton House 27th July 7pm – 9pm</p>			
WESTERN		<p>Limavady - Arts & Culture Centre, 19th August 2pm – 4pm</p>		<p>Omagh - Ulster American Folk Park, 25th July 10am – 12pm & 2pm – 4pm</p> <p>Derry - Aware Office, Strand Road, 1st August 10am – 12pm & 2pm – 4pm</p>

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