

Feel Better. Stress Less. Live Well.

**BELFAST CITY
HEALTH &
WELLBEING
PROJECT**



Free support to help improve your mental, physical and emotional wellbeing in a friendly, welcoming environment.

What's On Offer

- Mental health & wellbeing support
- Fun fitness & physical activities
- Stress management & mindfulness
- Meet new people & build confidence
- Healthy lifestyle advice
- Support to achieve your personal goals

Take the first step towards a healthier, happier you.

Contact us today to find out more.

For further information contact:

Colette@wbpb.org



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Northern Ireland
Government



Northern Ireland
Executive



**Belfast
City Council**

ashton
Supporting
North Belfast



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