



WELLNESS WORKSHOP



**SOS, in partnership with the HSE
Regional Suicide Resource Office,
invites you to a **FREE** Wellness
Workshop.**

When

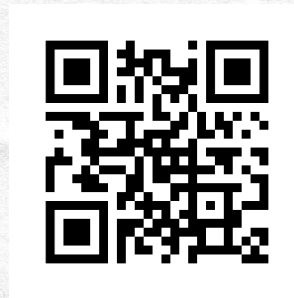
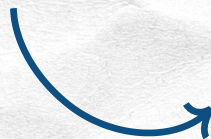
**Thursday
26th September
9.30am - 4.30pm**

Where

**The Talbot Hotel
Graigie, Portlaoise
Road, Co. Carlow**

Take time out and learn a wide range of practical tools and tips that you can use in your everyday life to improve your own mental health and wellness.

*Scan here to
register*



or go to www.bookwhen.com/sro

