

A Wellbeing Experience

**for Secondary School Principals,
Resource Teachers, Counsellors, Teachers & Wellness Co-ordinators**

Treat yourself to a Wellbeing Presentation
including a free delicious lunch
(Gluten & Dairy Free and Vegan Options)

Saturday 23rd March 10 am – 12.30 (+lunch)

OR

Saturday 6th April 10 am- 12.30 (+lunch)

A presentation by
Michaela Avlund
on the
'Wellbeing & Happiness Skills for Teenagers'
Secondary School programme

-

'How I implement the Programme'
by teacher Amy O'Neill,
Woodbrook College, Bray

VENUE: Healthy Habits Conference Space, Quarantine Hill, Wicklow Town, A67X585

Please let us know if you will attend, and which Saturday, so we can calculate lunch
email avlund.dk@gmail.com or ring/text 086 169 2506 0404 68645

www.wellbeingskills.me