

Limerick Education Centre in partnership with Clare Education Centre are delighted to offer

In Partnership with



Clare Education Centre
Limerick Education Centre
Ionad Oideachais Luimnigh

MIND YOUR MIND

NURTURING YOUR MENTAL HEALTH DURING COVID-19

JOIN US FOR THIS WEBINAR ON THURSDAY 4TH FEBRUARY @ 1.00PM

PRESENTED BY FIONA FOREMAN (CO-AUTHOR OF WEAVING WELL-BEING)



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