

**SOUTHERN AREA MEN'S HEALTH STEERING GROUP**  
**MEN and the FIVE WAYS TO WELLBEING**

Friday 7<sup>th</sup> March 2014  
Dromantine Retreat and Conference Centre, Newry

**AIM**

This seminar aims to increase awareness of the Five Ways to Wellbeing  
as a tool to improve men's health.

**PROGRAMME**

9.00am	<b>Registration</b>
9.30am	<b>Welcome Address</b> Mr Michael Ruane, Lord Mayor, Newry & Mourne District Council
9.40am	<b>What are the Five Ways to Wellbeing?</b> Mrs Deirdre McParland, Senior Health Promotion Officer, SHSCT
9.50am	<b>Key Note Address</b> Mr Christy Kenneally, Say Yes to Life - Author, broadcaster and conference speaker
10.30am	<b>SingTonicity Workshop</b> Mrs Siobhan Heaney, SingTonicity
11.00am	<b>Break</b> (Time to view displays)
11.30am	<b>Exercise and Positive Mental Health: How exercise can make a difference</b> Dr Mary Margaret Meade, Lecturer in Sport and Exercise Psychology, University of Ulster
12 noon	<b>Mindfulness Workshop</b> Dr Ivor Crothers, Consultant Clinical Psychologist, SHSCT
12.20pm	<b>The Maghery Experience</b> Dr Paul Slater, Chairman Maghery Community Gym & Wellbeing Centre
12.40pm	<b>Volunteering Experience</b> Mr Pol Gibney, Young at Heart Men's Club, Lurgan
12.50pm	<b>Evaluation and Closing Remarks</b>
1.00pm	<b>Lunch</b>

## Southern Area Men's Health Steering Group

### Men and the Five Ways to Wellbeing

Friday 7<sup>th</sup> March 2014

Please complete all details in BLOCK capitals. Please complete one form for each individual attending. Places will be allocated on a first come, first served basis.

## BOOKING FORM

Title: \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Organisation: \_\_\_\_\_

Work Address: \_\_\_\_\_

Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

Any special dietary requirements:

\_\_\_\_\_

Any special access requirements:

\_\_\_\_\_

**Please return completed booking form before Thursday 27<sup>th</sup> February 2014 to:**

Mr Leo Foy  
Health and Social Wellbeing Improvement Officer  
Public Health Agency (Southern Area)  
Towerhill  
ARMAGH  
BT61 9DR  
Tel: 028 37 41 4557  
Email: [leo.foy@hscni.net](mailto:leo.foy@hscni.net)

**Confirmation that you have secured a place will be sent to you via email prior to the event.**