

ddletb



Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire
Átha Cliath agus Dhún Laoghaire Education and Training Board

Join us for an afternoon of Wellbeing with

Tom Coleman

Sleep Coach and Wellbeing Expert.

www.tomcoleman.ie

scan QR code or [CLICK HERE](#) to register



Tuesday
4pm - 5pm
Zoom

May
17

Sleep is the ultimate act
of self-care,
your journey starts here!