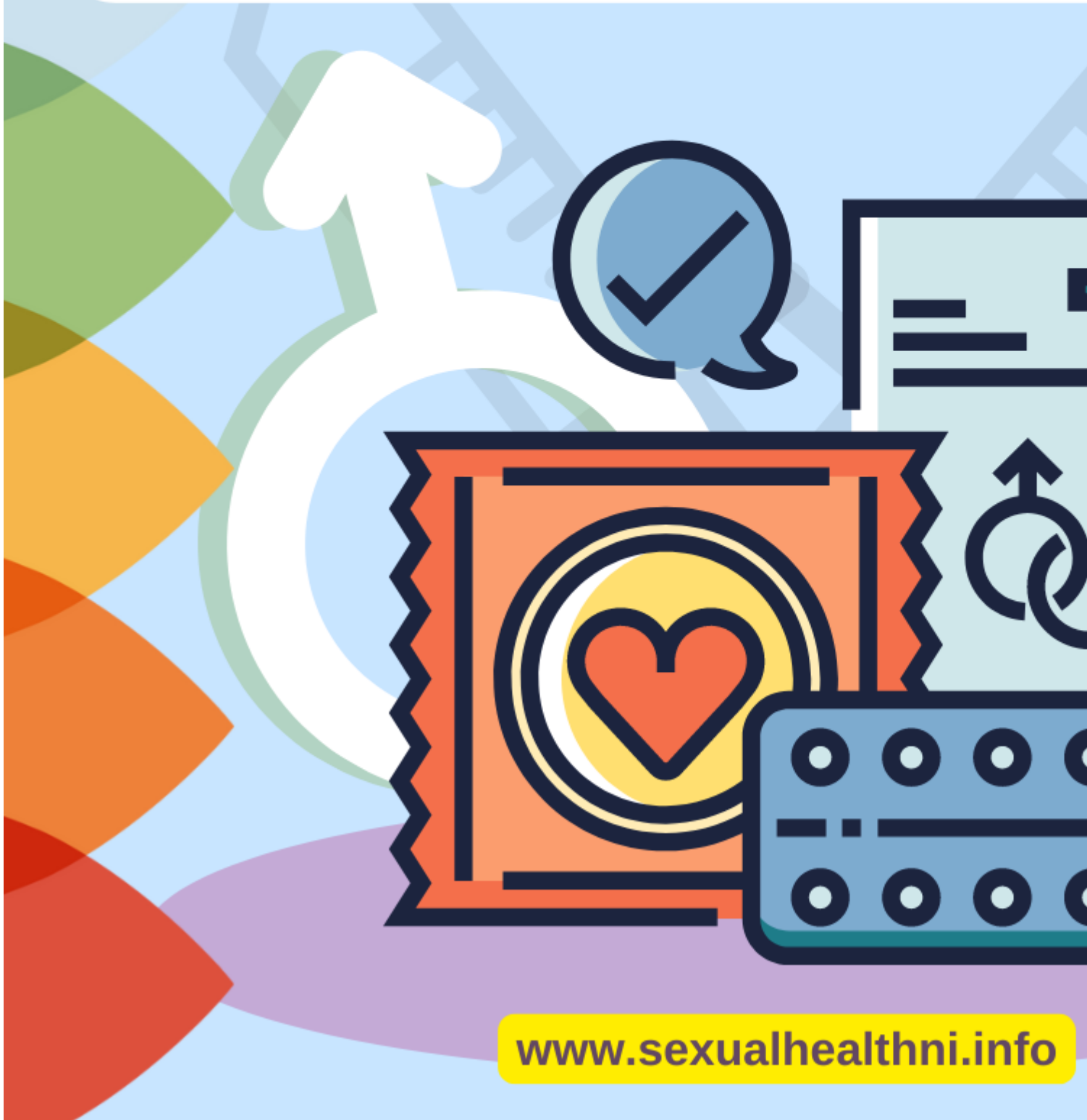




LIVE
BETTER



Contraception



www.sexualhealthni.info



Prioritise workplace mental health using

Take5

steps to wellbeing

EXAM RECOMMENDATIONS

**Talk to young people now
about alcohol and drugs**

**Support and advice at
www.DrugsAndAlcoholNI.in**



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A close-up photograph of a blue bicycle on a paved path. The front wheel is prominent, showing the spokes and a black tire. A person's foot in a white loafer is on the pedal. The background is a blurred green lawn.

Cycle to work day

Thursday 1
August 2024



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Belfast
Pride Festival



Love your
Mind





to celebrate the 12th July



**Know your
Stay safe**

**Binge drink
can serio
damage
your hea**



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