



WRAP Course

Wellness Recovery Action Plan.
A tool to help you take care of
you.

Carrickphierish (Ph. 0761 102696)
4, 6, 11, 13 Dec. 10am - 1pm



**The Healthy Ireland at your
Library service is available in
all local libraries across the
country.**

Health Information

Guidance on access to information.

Books on Health & Wellbeing

Large collection of books on health
& wellbeing.

Online Health Information

E-books, e-audiobooks and e-
magazines.

Programmes and Events

Talks, discussions and workshops
relating to various health &
wellbeing topics



Rialtas na hÉireann
Government of Ireland



For further information and to
provide feedback, go to
www.librariesireland.ie

Healthy Ireland at your Library

**Waterford Programme
of Free Events
Oct. - Dec. 2018**



Healthy Ireland
at your Library



Leabharlanna Phort Láirge
Waterford Libraries



Healthy Ireland
at your Library



Leabharlanna Phort Láirge
Waterford Libraries

Move It!

With Sinead4Fitness. A time-efficient fitness session with a variety of exercises.

Kilmacthomas (Ph. 051 294270)

Wed. 24 Oct. 6.30pm

Tramore (Ph. 0761 102594)

Thu. 13 Dec. 6.30pm

For 6 - 12yr olds:

Portlaw (Ph. 051 387402)

Tue. 27 Nov. 3pm

Mindfulness

Talk by Michael Dalton, psychotherapist, counsellor and mindfulness meditation teacher.

Dungarvan (Ph. 0761 102141)

Thu. 25 Oct. 6.30pm

Tramore (Ph. 0761 102594)

Fri. 2 Nov. 11am

Carrickphierish (Ph. 0761 102696)

Thu. 13 Dec. 2.30pm

Baby Boogie

Dance, music and lots of fun with Jessica Rowell!

Phone 0761 102974 to reserve a place.

For 0 - 1yr olds:

Brown's Rd Wed. 14 Nov. 11am

Dunmore East Tue. 20 Nov. 11am

Portlaw Fri. 7 Dec. 11am

Kilmacthomas Thu. 13 Dec. 11am

For 2 - 3yr olds:

Cappoquin Wed. 7 Nov. 11am

Tramore Wed. 5 Dec. 11am

Tallow Fri. 14 Dec. 11am

Helping your children cope with anxiety

Talk from HSE Psychology Team

Kilmacthomas Library

(Ph. 051 294270)

Thu. 25 Oct. at 10.30am

Pilates

Taster class with Teresa Keith from TK Fitness

Tallow Library (058 56347)

Fri. 26 Oct. at 2pm

Nutrition Workshop Series

Ellen Roche, Dietitian & Nutritionist from Nutri Vive will present the following series of workshops:

Healthy Eating on a Budget

Tallow (Ph. 058 56347)

Fri. 9 Nov. 10.30am

Food & Nutrition for optimal digestive health

Lismore (Ph. 0761 102377)

Fri. 9 Nov. 12noon

Eating Well for over 55s

Dungarvan (Ph. 0761 102141)

Fri. 9 Nov. 2.30pm

Nutrition for optimal health & Wellbeing

Ardkeen (Ph. 0761 102755)

Tue. 27 Nov. 11.30am

Active Retirement

Talk on the benefits of active retirement by members from the Suir Active Retirement

Brown's Rd. (Ph. 0761 102614)

Wed. 21 Nov. at 11am