



FREE EVENTS

Healthy Ireland at your Library

Leabharlanna Poiblí na Gaillimhe
Galway Public Libraries



Healthy Ireland at Your Library is a countrywide initiative which will provide a range of resources, services and support to users and communities in accessing health information.

A comprehensive collection of books on health and well being.

Online resources in the form of e-books, e-audiobooks and e-magazines.

Trained staff able to provide guidance for individuals and communities to access health information.

Programme of events in all public libraries.

ALL EVENTS ARE FREE.

No booking required, but limited seating in some venues, so please come early.

Library		Time	Date
Athenry Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	11.30-12.30	Wed 21st March
Athenry Library	Janis Morrissey, Head of Health Promotion, Information & Training (Irish Heart Foundation) and Registered Dietitian will deliver a talk entitled 'Healthy lifestyles to prevent heart disease and stroke'. The talk will cover all the risk factors for heart disease and stroke and how to have a healthy lifestyle to reduce your chances of developing these conditions.	2.30-3.30	Thur 22nd March
Ballinasloe Library	Contemporary Movement and Dance Workshop with Patricia Glynn MA, Choreographer/Facilitator, Willow Dance. Come along for an enjoyable hour to learn some Contemporary Dance steps and movements with music. The workshop also includes advice on healthy breathing and good posture. No previous experience needed.	2.30-3.30	Thur 8th Feb
Ballinasloe Library	Croí's Top Tips for a Healthy Heart Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.	2.30-3.30	Thur 15th Feb
Ballybane Library	Jim or Juicie Jim as he is known, is a member of Waterford GIY group and an expert on all things juice related. He will cover growing vegetables, gut health, fermentation and all things related. You can catch him at GROW HQ for a range of courses throughout 2018! Don't forget, GIY's brand new TV series GROW COOK EAT airs this March 14th @ 7:30 on RTE1.	11.30-12.30	Tue 20th Feb
Ballybane Library	Healthy Ageing and Mental Health Dr Dilis Clare, the Galway based GP and Medical Herbalist will talk on how we can advance in years and still be healthy in body and mind.	11.30-12.30	Tue 27th Feb

Library		Time	Date
Ballygar Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	12.00 -1.00	Tue 27th March
Ballygar Library	Still the mind and unleash your creativity with adult colouring (during opening hours)		
Leabharlann na Ceathrún Rua	Heartfulness Relaxation and Meditation with Heartfulness Ireland. Learn to manage your life and your emotions the Heartfulness way.	2.30- 3.30	Fri 16th Feb
Leabharlann na Ceathrún Rua	Jim McNamara. Back in 1991, Jim Mc Namara was the main driving force in establishing An tIonad Glas, the Organic College in Drumcollogher, Co. Limerick with the active co-operation of County Limerick VEC. Jim features regularly on Garraí Glas on TG4 presented by Síle Ní Chonaonaigh. Jim will talk about growing organically and share his wealth of knowledge with the audience.	11.45- 12.30	Fri 23rd Feb
Clifden Library	Croí's Top Tips for a Healthy Heart Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.	3.30- 4.30	Thur 22nd Feb
Clifden Library	Contemporary Movement and Dance Workshop with Patricia Glynn MA, Choreographer/Facilitator, Willow Dance. Come along for an enjoyable hour to learn some Contemporary Dance steps and movements with music. The workshop also includes advice on healthy breathing and good posture. No previous experience needed.	3.30- 4.30	Thur 1st March
Dunmore Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	12.00- 1.00	Wed 28th Feb
Dunmore Library	Croí's Top Tips for a Healthy Heart Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.	12.00- 1.00	Wed 7th March
Eyrecourt Library	Contemporary Movement and Dance Workshop with Patricia Glynn MA, Choreographer/Facilitator, Willow Dance. Come along for an enjoyable hour to learn some Contemporary Dance steps and movements with music. The workshop also includes advice on healthy breathing and good posture. No previous experience needed.	11.30- 12.30	Thur 8th Feb

Library		Time	Date
Eyrecourt Library	Croí's Top Tips for a Healthy Heart	11.30-	Thur
	Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.	12.30	15th Feb
Galway City Library	Jim or Juicie Jim as he is known, is a member of Waterford GIY group and an expert on all things juice related. He will cover growing vegetables, gut health, fermentation and all things related. You can catch him at GROW HQ for a range of courses throughout 2018! Don't forget, GIY's brand new tv series GROW COOK EAT airs this March 14th @ 7:30 on RTE1.	1.30-2.30	Tue 20th Feb
Galway City Library	Healthy Ageing and Mental Health Dr Dilis Clare, the Galway based GP and Medical Herbalist will talk on how we can advance in years and still be healthy in body and mind.	1.30-2.30	Tue 27th Feb
Glenamaddy Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	3.00-4.00	Wed 28th Feb
Glenamaddy Library	Croí's Top Tips for a Healthy Heart Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.	3.00-4.00	Wed 7th March
Gort Library	Natural solutions for Vibrant Life, Healthy Body and Balanced mind: how to use essential oils with Natasa Nestic-Raketic. Natasha is a qualified Nutritional Therapist and Aroma Therapist, Workshop facilitator and Educator, currently based in Galway. Her passion about natural living lead her to learning, implementing and sharing natural solutions for health and wellbeing. She believes that healthy eating, appropriate physical activity, effective stress management can greatly improve health and increase the quality of person's life. During the Healthy Ireland at your library talks, Natasha will share with you natural solutions for Healthy living with essential oils.	4.15-5.15	Wed 21st Feb
Gort Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	4.15-5.15	Wed 21st March
Headford Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	2.45-3.45	Tue 13th Feb

Library		Time	Date
Headford Library	An introduction to Organic gardening by Ingrid Foley, Organic Centre, Rosinver, Co Leitrim. This hour long workshop will look at the basic principles of organic growing and how to get started growing a few basic easy to grow organic vegetables. There will be an introduction to the importance of understanding your soil, how to build soil fertility, raising plants from seed/ transplants and growing on in raised beds.	4.30-5.30	Tue 13th Feb
Killimor Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	6.00-7.00	Wed 21st Feb
Killimor Library	Natural solutions for Vibrant Life, Healthy Body and Balanced mind: how to use essential oils with Natasa Nestic-Raketic. Natasha is a qualified Nutritional Therapist and Aroma Therapist, Workshop facilitator and Educator, currently based in Galway. Her passion about natural living lead her to learning, implementing and sharing natural solutions for health and wellbeing. She believes that healthy eating, appropriate physical activity, effective stress management can greatly improve health and increase the quality of person's life. During the Healthy Ireland at your library talks, Natasha will share with you natural solutions for Healthy living with essential oils.	6.00-7.00	Wed 28th Feb
Leenane Library	Heartfulness Relaxation and Meditation with Heartfulness Ireland. Learn to manage your life and your emotions the Heartfulness way.	2.15-3.15	Wed 7th March
Leenane Library	My health and fitness journey by Pat Divilly. Pat was one of the first trainers in Ireland to initiate online fitness courses. His first book, 21 Day Jump Start, was published in 2013 and became the best selling health and fitness book in Ireland.	2.15-3.15	Wed 14th March
Letterfrack Library	Heartfulness Relaxation and Meditation with Heartfulness Ireland. Learn to manage your life and your emotions the Heartfulness way.	11.00-12.00	Wed 7th March
Letterfrack Library	My health and fitness journey by Pat Divilly. Pat was one of the first trainers in Ireland to initiate online fitness courses. His first book, 21 Day Jump Start, was published in 2013 and became the best selling health and fitness book in Ireland.	11.00-12.00	Wed 14th March
Loughrea Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	3.00-4.00	Wed 21st Feb



Library		Time	Date
Loughrea Library	<p>Natural solutions for Vibrant Life, Healthy Body and Balanced mind: how to use essential oils with Natasa Nestic-Raketic.</p> <p>Natasha is a qualified Nutritional Therapist and Aroma Therapist, Workshop facilitator and Educator, currently based in Galway.</p> <p>Her passion about natural living lead her to learning, implementing and sharing natural solutions for health and wellbeing. She believes that healthy eating, appropriate physical activity, effective stress management can greatly improve health and increase the quality of person's life.</p> <p>During the Healthy Ireland at your library talks, Natasha will share with you natural solutions for Healthy living with essential oils.</p>	4.00-5.00	Wed 28th Feb
Moylough Library	<p>Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics:</p> <p>The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.</p>	11.30-12.30	Tue 6th Feb
Moylough Library	<p>An introduction to Organic gardening by Ingrid Foley, Organic Centre, Rosinver, Co Leitrim.</p> <p>This hour long workshop will look at the basic principles of organic growing and how to get started growing a few basic easy to grow organic vegetables. There will be an introduction to the importance of understanding your soil, how to build soil fertility, raising plants from seed/ transplants and growing on in raised beds.</p>	11.30-12.30	Tue 13th Feb
Oranmore Library	<p>Jim or Juicie Jim as he is known, is a member of Waterford GIY group and an expert on all things juice related. He will cover growing vegetables, gut health, fermentation and all things related. You can catch him at GROW HQ for a range of courses throughout 2018! Don't forget, GIY's brand new tv series GROW COOK EAT airs this March 14th @ 7:30 on RTE1.</p>	3.30-4.30	Tue 20th Feb
Oranmore Library	<p>Natural solutions for Vibrant Life, Healthy Body and Balanced mind: how to use essential oils with Natasa Nestic-Raketic.</p> <p>Natasha is a qualified Nutritional Therapist and Aroma Therapist, Workshop facilitator and Educator, currently based in Galway.</p> <p>Her passion about natural living lead her to learning, implementing and sharing natural solutions for health and wellbeing. She believes that healthy eating, appropriate physical activity, effective stress management can greatly improve health and increase the quality of person's life.</p> <p>During the Healthy Ireland at your library talks, Natasha will share with you natural solutions for Healthy living with essential oils.</p>	2.15-3.15	Wed 21st Feb
Oughterard Library	<p>Gardening with Kay Synott</p> <p>Kay Synott is a qualified horticulturalist, school gardening specialist and garden designer with a particular emphasis on organic and wildlife gardening. Kay has won several awards for her school garden projects. She gives gardening courses and workshops and is also involved in community garden projects and environmental education in County Galway and City.</p>	3.00-4.00	Fri 9th Feb
Oughterard Library	<p>Healthy Ageing and Mental Health</p> <p>Dr Dilis Clare, the Galway based GP and Medical Herbalist will talk on how we can advance in years and still be healthy in body and mind.</p>	11.00-12.00	Fri 9th March
Portumna Library	<p>Heartfulness Relaxation and Meditation with Heartfulness Ireland. Learn to manage your life and your emotions the Heartfulness way.</p>	3.30-4.30	Wed 7th Feb
Portumna Library	<p>Croí's Top Tips for a Healthy Heart</p> <p>Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.</p>	3.30-4.30	Wed 14th Feb

Library		Time	Date
Roundstone Library	Croí's Top Tips for a Healthy Heart Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.	6.00-7.00	Thur 22nd Feb
Roundstone Library	Still the mind and unleash your creativity with adult colouring (during opening hours)		
Leabharlann an Spidéil	Heartfulness Relaxation and Meditation with Heartfulness Ireland. Learn to manage your life and your emotions the Heartfulness way.	11.00-12.00	Fri 16th Feb
Leabharlann an Spidéil	Jim McNamara. Back in 1991, Jim Mc Namara was the main driving force in establishing An tIonad Glas, the Organic College in Drumcollogher, Co. Limerick with the active co-operation of County Limerick VEC. Jim features regularly on Garraí Glas on TG4 presented by Síle Ní Chonaonaigh. Jim will talk about growing organically and share his wealth of knowledge with the audience	10.15-11.00	Fri 23rd Feb
Tuam Library	Maureen Mannion, Dementia Adviser with the Alzheimer Society of Ireland will give a talk on Dementia Awareness to include the following topics: The Significant Impact of Dementia Statistics - Prevalence Types of Dementia Risk Factors Early Warning Signs Living Well with Dementia Overview of the Alzheimer Society of Ireland and the services provided.	2.30-3.30	Tue 6th Feb
Tuam Library	An introduction to Organic gardening by Ingrid Foley, Organic Centre, Rosinver, Co Leitrim. This hour long workshop will look at the basic principles of organic growing and how to get started growing a few basic easy to grow organic vegetables. There will be an introduction to the importance of understanding your soil, how to build soil fertility, raising plants from seed/ transplants and growing on in raised beds.	2.30-3.30	Tue 13th Feb
Westside Library	Former Olympian and a world class cross-country runner Catherina McKiernan will talk about her running career. A must for all runners and all who are interested in running as a way to keep fit.	11.00-12.00	Fri 9th Feb
Westside Library	Healthy Ageing and Mental Health Dr Dilis Clare, the Galway based GP and Medical Herbalist will talk on how we can advance in years and still be healthy in body and mind.	1.30-2.30	Fri 9th March
Woodford Library	Heartfulness Relaxation and Meditation with Heartfulness Ireland. Learn to manage your life and your emotions the Heartfulness way.	5.30-6.30	Wed 7th Feb
Woodford Library	Croí's Top Tips for a Healthy Heart Are you interested in making healthy lifestyle changes for 2018? Join us to hear about the benefits of incorporating some small changes to current lifestyle choices to improve your cardiovascular health for a longer and healthier life.	5.30-6.30	Wed 14th Feb
Inishbofin Library	Still the mind and unleash your creativity with adult colouring (during opening hours)		
Leabharlann Inis Oírr	Still the mind and unleash your creativity with adult colouring (during opening hours)		
Leabharlann Inis Meáin	Still the mind and unleash your creativity with adult colouring (during opening hours)		
Cill Rónáin Library (Inis Mór)	Still the mind and unleash your creativity with adult colouring (during opening hours)		

Leabharlanna Poiblí na Gaillimhe
Galway Public Libraries

For further information please contact:

Athenry Library 091-845592

Ballinasloe Library 090-9643464

Ballybane Library 091-380590

Leabharlann na Ceathrún Rua
091-595733

Clifden Library 095-21092

Dunmore Library 093-38923

EyreCourt Library 090-9675056

Galway City Library 091-561666

Glenamaddy Library 094-9659734

Gort Library 091-631224

Headford Library 093-36406

Leabharlann Inis Meáin 099-73126

Leabharlann Inis Oirr 099-75154

Inisbofin 095-45891

Killimor Library 090-9676062

Cill Rónáin Library (Inis Mór) 099-20937

Leenane Library 095-42920

Letterfrack Library 091-742666

Loughrea Library 091-847220

Moylough Library 090-9679072

Oranmore Library 091-792117

Oughterard Library 091-557002

Portumna Library 090-9741261

Roundstone Library 095-35518

Leabharlann an Spidéil 091-504028

Tuam Library 093-24287

Westside Library 091-520616

Woodford Library 090-9749887

Library Headquarters 091-509388



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Galway County Council



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