



**Unless otherwise stated, all bookings can be made through [www.eventbrite.ie](http://www.eventbrite.ie).**

**Bookings on Eventbrite will open at 9.45am on Monday August 26th.**

**Alternatively, you can call the Library on 494 1900, and a member of staff will happily book your place for you.**

**Please note that as the events are expected to book out, if you secure a ticket, you are advised that if you have arrived 10 minutes after the advertised start time you will forfeit your place.**



## CONTACT US

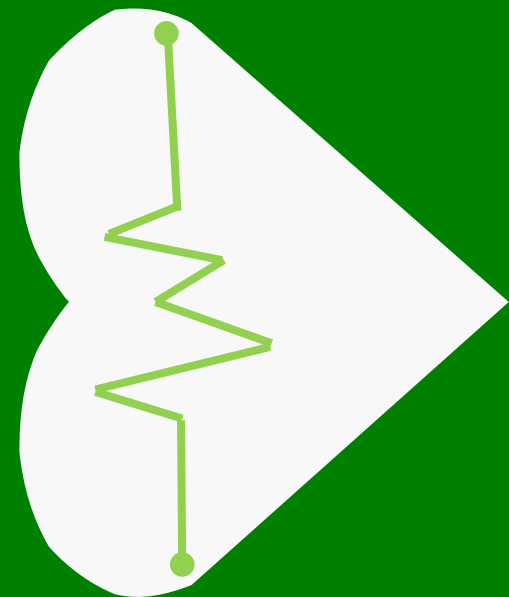
Ballyroan Library,  
54 Orchardstown Avenue,  
Rathfarnham,  
Dublin 14.  
D14 XY75

(01) 494 1900  
[ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)  
[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)



# Health & Wellbeing Week 2019

at Ballyroan Library



# SCHEDULE OF EVENTS

## Irish Heart Foundation Health Check

Monday September 9th, 12.00—4.00pm

Have your health and blood pressure checked by a qualified nurse from the Irish Heart Foundation. Checks will be conducted in a room separate from the library, ensuring privacy and confidentiality.

*No booking required; walk-ins only.*



## Managing Chronic Illness with Diet

Monday September 9th, 5.30—6.30pm

This talk will be hosted by professionally qualified and state-registered Dietitian, Richelle Flanagan, who will focus on how to manage chronic illness with your diet. Topics will include heart health, bone health, and how to manage weight loss and weight gain using diet.

*Booking via Eventbrite.*

## Relaxation & Mindfulness for Children

Tuesday September 10th, 10.30—11.30am

Introducing children to techniques in becoming confident, kind and mindful to themselves and their peers in a calm and fun atmosphere. We will explore: positive affirmations, breathing techniques, stretching and movement, relaxation stories/meditation.

*Primary school class visit.*

## All About Menopause Information Session

Tuesday September 10th, 6.00—8.00pm

It is becoming widely more understood that perimenopause and menopause do not adhere to a specific list of symptoms. Every woman's experience is unique. Catherine O'Keeffe will give an introduction on perimenopause and menopause, what to expect, how to prepare, how to ease symptoms and more importantly what you can do to thrive through this chapter in your life.

*Booking via Eventbrite.*

## Thinking Differently About Stress

Wednesday September 11th, 5.30—7.00pm

This session with Seamus Power is intended to help you recognise stress in your life and how it can impact on your physical and mental health. There will be a specific focus on better management of your responses to things in your busy life that can leave you feeling stressed. The session will outline some simple methods you could consider to help with better coping at those times.

*Booking via Eventbrite.*



## Stressless Massage

Thursday September 12th, 4.00—8.00pm  
(11 individual sessions)

Each massage is 20 minutes in length. It is performed on a specifically designed chair, through clothes using no oils. It uses a unique series of acupressure points and stretches covering the back, neck, shoulders, arms, and hands, specifically designed to reduce muscle tension and stress. This will leave you feeling physically relaxed, invigorated and energised.

*Booking via Eventbrite.*

## Mom & Baby Yoga

Friday September 13th, 10.00—11.00am

This yoga session is designed to allow new mothers to bring along their pre-toddler stage babies. The session will demonstrate how baby can be included in certain yoga stretches and poses. Please note that this session suits babies who are 6 months and under, and have not yet gained mobility. Mums are asked to bring their own yoga mats and extra blankets for baby. Beanbags for breast-feeding Mums will be provided.

*Booking via Eventbrite.*

## Coping with Anxiety in Teenagers

Tuesday September 17th, 6.30—7.30pm

Some degree of anxiety is a normal part of life, but for some teens it can hold them back and become overwhelming. Join psychotherapist Deirdre O'Shea for this workshop for parents, which will focus on tips and tools to help teens who experience anxiety.

*Booking via Eventbrite.*



## Irish Heart Foundation CPR Training Sessions

Wednesday September 18th, 3.30—8.00pm

This free training programme is an hour long and includes a practical element of performing CPR on a manikin. The course will be delivered by an experienced Irish Heart Foundation instructor. For more information on the course, and to register your place, please visit the Irish Heart Foundation website.

*Booking via the Irish Heart Foundation website:  
[www.irishheart.ie/courses/hands-for-life](http://www.irishheart.ie/courses/hands-for-life)*