



Offaly County Council  
Comhairle Chontae Uíbh Fhailí



# Offaly County Libraries

Healthy Ireland  
at your Library



## Programme of Events

Spring 2018



# Healthy Ireland at Your Libraries – Programme of Events – Offaly Libraries

## Banagher Library – Ph: 057 9151471

Name	Details of Event	Date	Time
Nessa McManus Spiced with Love	Cooking Demonstration	22/02/2018	6:30pm
Pharmacist Banagher Pharmacy	General Health Talk	13/03/2018	11:00am

## Birr Library – Ph: 057 9124950

Name	Details of Event	Date	Time
Jessika Roseke The Yoga Room	Yoga for Adults	14/02/2018	6:30pm
Shine	Self Help	20/03/2018	All Day Workshop

## Clara Library – Ph: 057 9331389

Name	Details of Event	Date	Time
Nessa McManus Spiced with Love***	Cooking Demonstration	23/02/2018	11:00am
Dietitian	Healthy Eating – Adults	14/03/2018	6:30pm

## Daingean Library – Ph: 057 9353005

Name	Details of Event	Date	Time
Dietitian	Healthy Eating - Adults	27/02/2018	6:30pm
Holistic-Life Choice	Yoga for Mothers & Baby	07/03/2018	TBC

## Edenderry Library – 046 9731028

Name	Details of Event	Date	Time
Jeanette Donath from Whitefields Stable	Health Benefits of Equine Therapy to our Mental and Physical Health	31/01/2018	7:00pm
Essential Oils	Benefits of Essential Oil	07/02/2018	6:45pm
Des Hackett***	Mindfulness/ Meditation for Teenagers	08/02/2018	10:30- 11:30am & 12-1pm

## Ferbane Library – 0906 454259

Name	Details of Event	Date	Time
Smovey Health & Fitness	Low Impact Fitness	02/03/2018	11:00am
Relax Kids***	Self awareness for Children	09/03/2018	11:00am

## Kilcormac Library – Ph: 057 9135086

Name	Details of Event	Date	Time
Dietitian***	Healthy Eating - Children	01/03/2018	12:00pm
Mindfulness for Adults	Life Coach-Mindfulness	15/03/2018	6:30pm

## Tullamore Library – Ph: 057 9346832

Name	Details of Event	Date	Time
True Life Fitness	Health Awareness & Motivation	16/01/2018	6:30pm
GPA-Niall McNamee (Launch)	Launch Healthy Ireland	27/01/2018	3:30pm
Pharmacist Clonminch Pharmacy	General Health Talk	01/02/2018	6:30pm
Holistic-Life Choice Centre	Yoga for Special Needs - Adults	21/02/2018	2:30pm
Relax Kids***	Self awareness for Children	23/03/2018	11:00am
Barnardos	Parents Guide to Internet Safety & Cyber Bullying	TBC	6:30pm
Herbal Medicine	Benefits of Herbal Medicine	22/03/2018	6:30pm

\*\*\*Denotes Invite Only, TBC denotes: To Be Confirmed

Booking is essential – book your place through your local Library