



Healthy Kerry



Health and Wellbeing Week 2018 Events

All Events are Free

DATE	EVENT	EVENT DETAILS	LOCATION
Mon Oct 8th 9.30am- 4.30pm	Mens Engage Training FULL	Training for professionals on how to engage with young men. <i>*Registration required</i>	37 High Street, Killarney
Mon Oct 8th 7.30pm	One Good Coach Workshop PLACES AVAILABLE	A workshop for sports coaches hosted by Killorglin Rugby Club and delivered by Jigsaw Kerry. Aims to increase awareness and understanding of mental health. <i>*Registration required</i>	Killorglin Family Resource Centre, Iveragh Park.
Tues Oct 9th 9.00am—10.30am	AWARE Wellness at Work PLACES AVAILABLE	Positive Mental Health at work: Building Strength for the future. Aimed at business managers and supervisors. <i>Registration Essential—places limited. See Eventbrite to book your place.</i>	The Gleneagle Hotel, Killarney
Tues Oct 9th 11.30am—12.30pm	AWARE Wellness at Work PLACES AVAILABLE	Positive Mental Health at work: Building Strength for the future. Aimed at business managers and supervisors. <i>Registration Essential—places limited. See Eventbrite to book your place.</i>	The Gleneagle Hotel, Killarney
Thurs Oct 11th 10.00am—11.30am	Mindfulness Workshop FULL	An introduction to mindfulness techniques, breath control and meditation. Bring water and a yoga mat. <i>*Registration required</i>	Killorglin Family Resource Centre, Iveragh Park.
Thurs Oct 11th 2.30pm	Eating Well for Your Health PLACES AVAILABLE	A public Workshop with Sarah Dowling, Senior Community Dietician on nutrition and how it can benefit your wellbeing.	Cahersiveen Library.
Fri Oct 12th 10am -1pm	Increase Your Wellbeing Workshop	Learn about strategies to increase your happiness and improve your coping skills. Aimed at adults. <i>*Registration required</i>	Killorglin Family Resource Centre, Iveragh Park.
Fri Oct 12th 10am -11.30am	Mindfulness Workshop PLACES AVAILABLE	An introduction to mindfulness techniques, breath control and meditation. Bring water and a yoga mat. <i>*Registration required</i>	The Gleneagle Hotel Killarney
Sat Oct 13th 10am - 1pm	Increase Your Wellbeing Workshop PLACES AVAILABLE	Learn about strategies to increase your happiness and improve your coping skills. Aimed at adults. <i>*Registration required</i>	Cahersiveen Library

*Places Limited. Registration required. Contact Mairéad O'Sullivan mosullivan@skdp.net 066 9761615