

Tallaght Community Health Awareness Month

Week 1 : Oct 1st- Oct 8th

Friday Oct 1st

Monday Oct 4th

Tuesday Oct 5th

Laughter Yoga

Killinarden Family Resource Centre
10.30am-11.30am
Contact Mirian
laughteryoga8@gmail.com

Looking after yourself

Online via Zoom
10am-11am
Contact Will Coakley
0851017688
willcoakley76@gmail.com

Chair Yoga for beginners

Available all week
Video links will be shared on Fettercairn Health Project Facebook Page

Travellers mental health talk

Online Facebook live
Fettercairn health project
10.30am

Wednesday Oct 6th

Thursday Oct 7th

Friday Oct 8th

Mindfulness Yoga

Killinarden Family Resource Centre
2pm-3pm
Contact Martina
0860200688

'Drugs and young people' a talk for Parents

Fettercairn Community Centre
7pm-8pm
Contact Tim Murphy
0860695251
tim.murphy@sdcpartnership.ie

Marie Keating Mobile Unit Cancer Prevention and Early Detection Day

Men and Women
MacUilliam Heights (green area)
10.30am-12.30pm
Drop in
Contact Lucy
0872958456

Laughter Yoga Killinarden Family Resource Centre

10.30am-11.30am
Contact Mirian
laughteryoga8@gmail.com

Mindfulness/ Relaxation/Stress Management

Fettercairn Community Centre
10am-11am
Contact Sam or Sue
01 4590708

Information awareness session on Tusla Family Support/ Meitheal Fettercairn Community Centre

10am-11am
Drop in
Contact Elizabeth or Yemi
01 4686300

Blood pressure and BMI testing in Local Pharmacies
DROP IN

Hickeys Pharmacy

Springfield
every Tuesday
11am-2pm

Rosfiled Pharmacy

Brookfield
Mon-Fri during opening hours

'Pharmacy hub Killinarden'

Mon-Sat during opening hours

The Keys to wellbeing

(making time to connect)
1.30pm-2.30pm
Online via Zoom

Contact Karen Keyes to register
0876187528
karkeyes@yahoo.co.uk

Marie Keating Mobile Unit Cancer Prevention and Early Detection Day

Men and Women
Tallaght Leisure Centre
1.30pm-3.30pm
Drop in
Contact Pat 0868196334

Cultural Awareness Information session

Online via zoom
2pm-3pm
Contact Yemi
0871723463
familymattersplatform@gmail.com

For all queries contact Samantha on 01 4590708



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<https://www.facebook.com/FettercairnHealthProject/>

All activities are **FREE** throughout the month