

HEALTHY IRELAND FAIR



Tallaght Library

29TH JANUARY



MOBILE HEALTH UNITS

9.30am – 5 pm | Irish Heart Foundation Mobile Unit

Drop in and get a free blood pressure and pulse check from an expert nurse.



10 am – 4 pm | Marie Keating Foundation Mobile Unit

Staffed by a specialist nurse to bring cancer information straight into the heart of communities.



EVENTS

9.45 am | Infant Feeding and Lactation

Sarah Glennon (HSE) will be discussing the benefits of breastfeeding for both mum and baby, the importance of responsive feeding and paced bottle-feeding. Suitable for mothers who breast or bottle feed their babies.

10.30am | Baby Dance Movement Class

Come dance and move with your little one in Tallaght Library with Emma from EMarley Music.



11.30 am | Karl Henry: Learn How To Stay Healthy For Life

Karl Henry will be covering the 4 pillars of health and wellness. Karl will be giving you tips and tools to improve your health and wellness, from 25 years of experience in the industry.



12.30 pm | Chair Yoga with Sally Dunne

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration, and increased strength.

12.45 pm | Energy Use in the Home Workshop with Energy Lads

Learn more about how your home uses energy and tips for reducing your energy bills and keeping your home warm.



ENERGY LADS

1.30 pm | Your Health, Your Choice, with Áine Finn of Marie Keating Foundation

Discover the simple changes we can all make to our lifestyle to help decrease our risk of some of the most common cancer types.

1 - 3 pm | Go For Life Games

Join the team from Active South Dublin to try out some new games including Malai, Scidil, Flisk and Boccia!



2 - 4 pm : Smoothie Bike

Make your own Smoothie on the Smoothie Bike.

2.30 pm | Tai Chi Taster Session

Try this ancient form of exercise with Tai Chi instructor Declan Mills. It offers harmony between the body and mind and benefits to your overall health and flexibility.



2.45pm | First Aid Talk

Learn more about First Aid, with Shane Raispin from ABP Training, including how to manage common medical conditions and monitor improvements.

3.30pm | Sensory Explorers – Neurodiverse Play Session

Join play therapist, Rebecca McDermot for a monthly messy play session to explore using our fine and gross motor skills. Suitable for children aged 3+.



3.30 pm & 4.30 pm | Silent Disco & Movement
Shauna will be leading the way as dance instructor, complete with colourful disco lights and exciting glowsticks. Children can dance using wireless headphones and enjoying their favourite tunes. Suitable for children aged 4 +.

6.30 pm | Unlocking Your Child's Potential: A Strengths-Based, Neuro-affirming Approach to ADHD

ADHD coach Claire Twomey will give an enlightening and empowering talk designed specifically for parents of children with ADHD.



Booking Through [Eventbrite.ie](https://www.eventbrite.ie)