

Kerry Library Healthy Ireland @ your Library Programme 2021

Date	Description	Target Audience	Provider
10 February	'Working from Home' with Colette O'Flynn - Tips and hints on best practice for home office set up, exercise and healthy lifestyle	People working from home	Colette O'Flynn, <i>chartered physiotherapist & Resident Physiotherapist at ESB Sportsco</i>
17 February	'Winter Wellness' – talk by Colette O'Flynn on keeping fit and healthy during the winter months	General audience	Colette O'Flynn, <i>chartered physiotherapist & Resident Physiotherapist at ESB Sportsco</i>
18 May	Parenting your Teenager and Pre-teen	Parents of children and young adults	Eileen Foley, <i>Accredited Counsellor, Inner Healing Counselling, Listowel</i>
19 May	Better Bones, Better Balance - talk on strengthening exercises to maintain healthy bones	Adults aged 50 and over	Sinead McElligott, <i>Exercise Facilitator, Baile Mhuire, Tralee</i>
25 May	One Good Adult – talk by Jigsaw Kerry on supporting mental health in younger people	Parents and adults working with children and young adults	Jigsaw Kerry
8 September	Child Online – talk by Dr. Colman Noctor on navigating the issues of the digital age	Parents	Dr. Colman Noctor, <i>Advanced Nurse Practitioner & Psychotherapist at St Patricks MHS & Assistant Professor TCD</i>
20, 30 October & 3,10 November	Beginner's Chair Yoga for Senior Citizens	Senior Citizens, General Adult audience	Maeve Ferris, Ebb and Flow Yoga
11,12,18,19 October	Therapeutic Art Workshop and author Reading of "The Squirrel Who Worried"	School events	Katie O'Donoghue, author
10-30 November	Recorded talk on bereaved children to promote awareness during Bereaved Children Awareness Week facilitated by the Irish Hospice Foundation	Parents, teachers and those working with children	Maura Keating, <i>ICBN and Irish Hospice Foundation</i>

