

Healthy Ireland events

AT CORK COUNTY LIBRARY



Healthy Ireland
at your Library



LIBRARY
Leabharlann



Rialtas na hÉireann
Government of Ireland

Follow Us 
& Like Us 

Ballincollig Library 021 4873024

Mindful walking with Hugh O'Donovan

Wednesday, October 17th at 11.00am

Road Farm Water Safety with Caroline Casey

Wednesday, November 21st, 28th and December 5th

(Please check with Branch for details)

Chair Yoga with Fabiola Reyes

Friday, December 7th at 11.30am

Microbe magic - Learn about microbes and how to keep them happy – a hands on workshop for kids – APC Microbiome (UCC)

Tuesday, January 15th (Please check with Branch for details)

Ballyvourney Library 026 45767

Stomping around the Library: Music and Movement for kids with Ruti Lachs

Friday, December 7th at 11.00am

Bandon Library 023 8844830

Your Good Self - Positive Ageing - Making the most of it with Riana Vermaak

Tuesday, October 2nd at 11.00am

Chair Yoga with Fabiola Reyes

Thursday, November 22nd at 10.00am

Developing resilience, confidence and social skills in children by Stella O'Malley, author of "Bully proof kids"

Thursday, January 31st at 7.00pm



Bantry Library 027 50460

Road Farm Water Safety with Caroline Casey

Wednesday, October 24th (Please check with Branch for details)

Get into Walking workshop - Cork Sports Partnership

Wednesday, November 21st at 11.30am

Supporting Young People's Mental Health Workshop– Jigsaw

Wednesday, November 28th at 11.00am

Blarney Library 021 438115

Get into Walking workshop - Cork Sports Partnership

Thursday, October 18th at 2.00pm

Stomping around the Library: Music and Movement for kids with Ruti Lachs

Thursday, November 29th at 11.00am

Carrigaline Library 021 4371888

Your Good Self - Staying mentally fit in later years with Rosarie Crowley

Tuesday, October 2nd at 11.00am

Irish Heart Foundation mobile unit

Thursday, November 15th (Time to be confirmed)

Road Farm Water Safety with Caroline Casey

Tuesday, November 27th (Please check with Branch for details)

Internet Safety and Cyberbullying with Barnardos

Tuesday, January 15th at 7.00pm



Alimentary adventures – a journey through the gut – APC Microbiome (UCC)

January 28th (Please check with Branch for details)

Castletownbere Library 027 70233

Internet Safety and Cyberbullying with Barnardos

Thursday, January 17th at 2.30pm

Charleville Library 063 89769

Mindful walking with Hugh O'Donovan

Wednesday, October 10th at 11.00am

Supporting Young People's Mental Health workshop – Jigsaw

Wednesday, December 5th at 11.30am

Your Health, Your Choice - Marie Keating Foundation

Thursday, February 7th at 11.00am



Clonakilty Library 023 8834275

As I Am: Living With Autism & Moving Forward - Adam Harris

Thursday, September 27th at 7.00pm

Your Good Self - Positive Ageing - making the most of it with Riana Vermaak

Wednesday, October 3rd at 7.00pm

Road Farm Water Safety - Caroline Casey

Tuesday, October 16th (Please check with Branch for details)

Ultimate Myth Buster - Niamh O'Connor

Tuesday, October 23rd at 11.00am

Cobh Library 021 481 1130

Healthy eating for older adults - Niamh O'Connor

Tuesday, October 2nd at 11.00am

Supporting Young People's Mental Health Workshop – Jigsaw

Wednesday, November 21st at 2.30pm

Road Farm Water safety - Caroline Casey

Thursday, November 29th (Please check with Branch for details)

Dunmanway Library 023 8855411

Irish Heart Foundation mobile unit

Wednesday, November 14th (Time to be confirmed)

Nutrition for Kids in the 21st Century- Niamh O'Connor

Thursday, November 15th at 11.00am

Internet Safety and Cyberbullying with Barnardos

Thursday, January 17th at 7.00pm



Fermoy Library 025 31318

Ageing Well Series with HSE (8 week programme

(Please check with Branch for details)

Thursday, October 4th – Thursday, November 29th

Myths and Misconceptions about Dementia - Alzheimer Society of Ireland

Friday, November 9th at 11.30am

Chair Yoga with Fabiola Reyes

Thursday, December 6th at 10.30am

Glanmire Library 021 4821627

Your Good Self - Staying mentally fit in later years – Rosarie Crowley

Wednesday, October 10th at 11.00am

Road Farm Water safety - Caroline Casey

Thursday, November 22nd (Please check with Branch for details)

Mindful walking - Hugh O'Donovan

Wednesday, December 5th at 11.00am

Microbe Magic - Learn about microbes and how to keep them happy – a hands on workshop for kids - APC Microbiome (UCC)

Wednesday, January 16th (Please check with Branch for details)



Kanturk Library 029 51384

Stomping around the library: Music and Movement for kids with Ruti Lachs

TBC -February

Alimentary adventures – a journey through the gut - APC Microbiome (UCC)

TBC - January

Kinsale Library 021 4774266

Chair Yoga with Fabiola Reyes

Thursday, October 4th at 11.00am

Get into walking workshop - Cork Sports Partnership

Tuesday, November 6th at 2:30pm

Sauerkraut, Kombucha and Kimchi– a look at the health promoting properties of fermented foods - APC Microbiome (UCC)

Wednesday, January 30th at 11.00am

Road Farm Water safety - Caroline Casey

Wednesday, February 6th at 11.00am (Please check with Branch for details)

Lending HQ Library 021 4546499

Bringing up Happy and Healthy Children - John Sharry

Friday, November 2nd at 5.00pm

Your Good Self - Can't sleep? A talk about sleep for adults -Rosarie Crowley

Thursday, November 8th at 10.30am

Internet Safety and Cyberbullying with Barnardos

Wednesday, February 6th at 12.30pm

Macroom Library 026 42483

Road Farm Water safety - Caroline Casey

Wednesday, October 17th (Please check with Branch for details)



Supporting Young People's Mental Health workshop– Jigsaw

Thursday, November 29th at 11.30am

Your Health, Your Choice - Marie Keating Foundation

Wednesday, February 6th at 11.00am

Mallow Library 022 21821

Mindful Walking with Hugh O'Donovan

Wednesday, November 14th at 11.00am

Supporting Young People's Mental Health workshop– Jigsaw

Thursday, December 6th at 6.00pm

Microbe Magic -Learn about microbes and how to keep them happy – a hands on workshop for kids - APC Microbiome (UCC)

Tuesday, January 22nd (Please check with Branch for details)

Midleton Library 021 4613929

Chair Yoga with Fabiola Reyes

Thursday, October 11th at 11.30am

Mindful Walking - Hugh O'Donovan

Wednesday, November 21st at 11.00am

Sauerkraut, Kombucha and Kimchi– a look at the health promoting properties of fermented foods - APC Microbiome (UCC)

Wednesday, January 16th at 11.00am



Millstreet Library 029 21920

Road Farm Water safety - Caroline Casey

Thursday, October 25th (Please check with Branch for details)

Get into Walking Workshop - Cork Sports Partnership

Tuesday, November 13th at 11.00am-

Nutrition for Kids in the 21st Century - Niamh O'Connor

Thursday, January 17th at 11.00am

Mitchelstown Library 025 41939

Road Farm Water Safety - Caroline Casey

Thursday, November 15th (Please check with Branch for details)

Your Good Self - Introduction to mindfulness – Veronica Byrne

Thursday, November 22nd at 10.00am

Stomping around the library: Music and Movement for kids - Ruti Lachs

Thursday, December 6th at 10.00am

Internet Safety and Cyberbullying with Barnardos

Thursday, January 10th at 7.00pm

Newmarket Library 029 61090

Microbe Magic - Learn about microbes and how to keep them happy – a hands on workshop for kids - APC Microbiome (UCC)

Wednesday, January 18th (Please check with Branch for details)

Internet Safety and Cyberbullying with Barnardos

Thursday, January 24th at 7.00pm



Oileán Chléire Library 028 41006

Get into walking workshop - Cork Sports Partnership

Thursday, October 11th at 2.00pm

Passage West Library 021 4863727

Get into walking workshop - Cork Sports Partnership

Thursday October 4th at 2.30pm

Myths and Misconceptions about Dementia - Alzheimer Society of Ireland

Thursday, November 15th at 2.30pm

Chair Yoga with Fabiola Reyes

Thursday, November 29th at 11.00am



Schull Library 028 28290

Microbe Magic - Learn about microbes and how to keep them happy – a hands on workshop for kids - APC Microbiome (UCC)

Wednesday, January 23rd (Please check with Branch for details)

Sherkin Island Library 028 20009

Safe talk - suicide alertness for everyone workshop by the HSE

Date and time to be confirmed

Skibbereen Library 028 22400

Road Farm Water Safety - Caroline Casey

Friday, October 19th (Please check with Branch for details)

Microbe Magic - Learn about microbes and how to keep them happy – a hands on workshop for kids - APC Microbiome (UCC)

Thursday, January 24th (Please check with Branch for details)

Developing resilience, confidence and social skills in children with Stella O'Malley, author of "Bully proof kids"

Thursday, January 31st at 11.30am

Youghal Library 024 93459

Get into walking workshop - Cork Sports Partnership

Wednesday, October 17th at 11.00am

Your Good Self - Staying Mentally Fit in Later Years - Rosarie Crowley

Friday, October 19th at 11.00 am

Supporting Young People's Mental Health Workshop - Jigsaw

Thursday, November 22nd at 11.00am

Your health your choice - Marie Keating Foundation

Tuesday, January 29th at 11.00am



**** All events are free to attend, however numbers are limited for some workshops/talks. Booking is therefore recommended****

October 1, 2018