

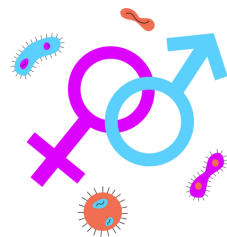
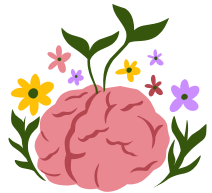


# Healthy Meath Newsletter October - November 2024

Hello everyone, welcome to the  
12th edition of the Healthy  
Meath Newsletter!

Here you will be signposted to various  
Health and Wellbeing initiatives and online  
resources available throughout  
October/November.

We hope you enjoy!



If you have something you would like to include in the next Healthy Meath Newsletter please email it to [healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie)





# In Focus for October/November

**October is Breast Cancer Awareness month.**

Breast Cancer Ireland are hosting 'The Great Pink Bake Off' to help raise money to put towards supporting their Breast Health and Education Awareness Programme.

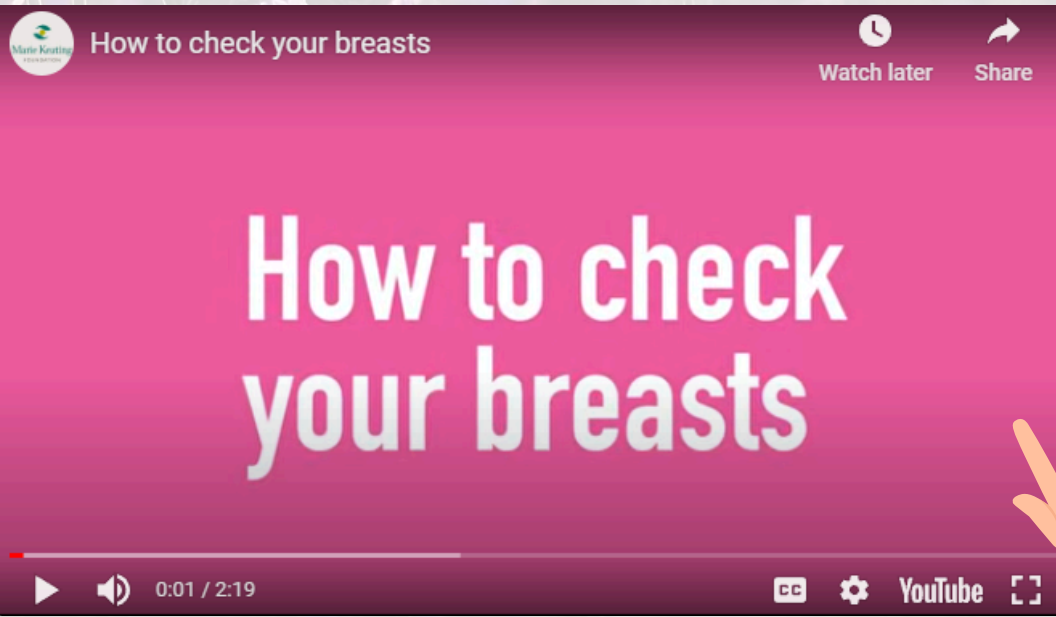
**REGISTER NOW**



**Register For Your Toolkit**

We will send you - your very own recipe book and all the helpful tips & tricks to help kickstart your fundraising.

Each year more than 3,400 women in Ireland get diagnosed with breast cancer. Learn how to check your breasts as detected early, breast cancer is highly curable



**World Diabetes Day November 14th**



Go Blue this year for World Diabetes Day in your own way and make a small donation to Diabetes Ireland to help support people with diabetes and those who care for them.

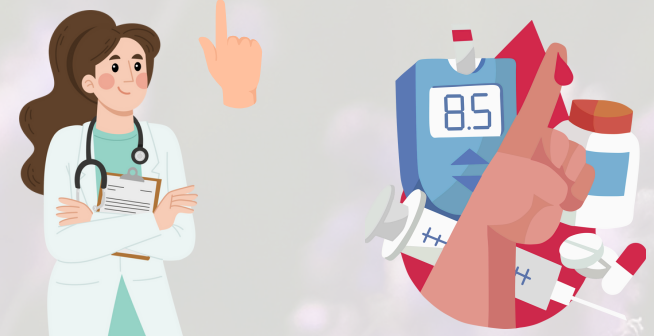
 [diabetesireland.ie](http://diabetesireland.ie)

- Help reduce your risk of diabetes by following these 8 healthy eating tips:
1. Choose drinks without added sugar
  2. Choose higher fibre carbs (brown rice, wholegrain pasta)
  3. Cut down on red and processed meat
  4. Eat plenty of fruit and veg
  5. Be sensible with alcohol
  6. Choose healthier less processed snacks
  7. Include healthier fats (avocados, nuts)
  8. Cut down on salt



Living with diabetes can be a struggle, watch this video to find out what diabetes is and how you can live with them and click below to read a in depth article

Click [here](#) for full article



[Click here to read article](#)





# Mental Health

## Louth / Meath Mental Health Promotion Events - October 2024

For more info or to register for an event, click the link in the post

1st

**Webinar - Connect to 5 Ways to Wellbeing**  
Mental Health Ireland Webinar, Online

8th

**Webinar - Look Listen & Link**  
To support communities after a traumatic event, 10am

9th

**Webinar - Depression, it's more than feeling sad**  
Aware Webinar Series, Online 12-1pm

10th

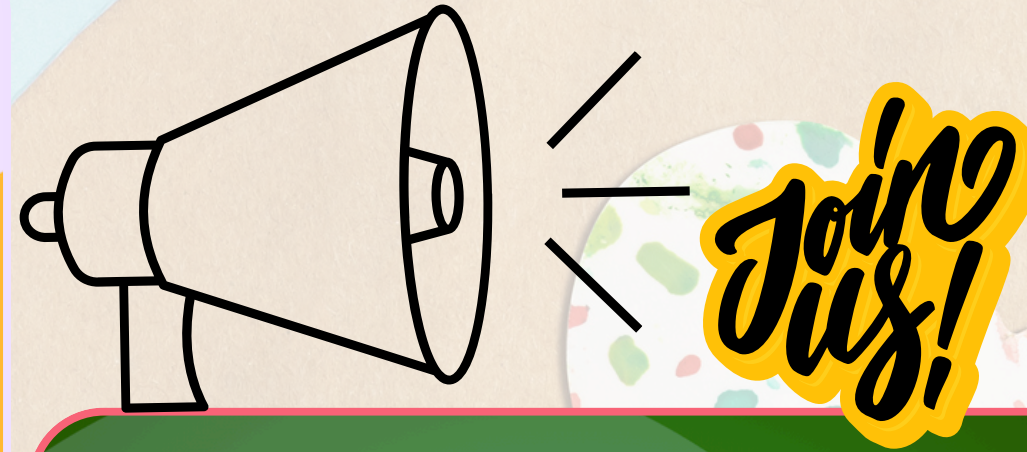
**Celebrating World Mental Health Day 2024**  
Dr Dora Allman Room, UCC 10am-3.30pm

22nd

**Understanding Self-Harm 1 day Workshop**  
Navan Education Centre, 9:30am - 4:30pm

23rd

**SafeTALK Workshop**  
Regional Education Centre, St. Brigids Hospital Complex Ardee; 10am - 1.30pm



## WORLD MENTAL HEALTH DAY 2024

Thursday 10th October  
Claremont Stadium

Free Activities  
From 10am - 5pm  
For more information visit  
[www.claremontstadium.ie](http://www.claremontstadium.ie)



LOUTH ABC



MID/RURAL LOUTH ACT

## ANXIETY WORKSHOP WITH DR. MARY O'KANE



In this talk Mary explains anxiety in children and offers parents practical advice on how to support their children during difficult times, helping them to manage their fears and gain confidence.

**TUESDAY 15TH OF OCTOBER AT 6.30PM**

**MARKET HOUSE, DUNLEER**

To secure your place please contact:  
Siobhan McCarthy  
0872538587



If you or someone you know is struggling with their mental health there are a range of supports available from the below organisations. Click for more info.







# Mental Health

ALCOHOL DRUGS ADDICTION MENTAL HEALTH PRESSURE SUPPORT

**THE FEEL GOOD PROJECT**

**DULEEK COURTHOUSE**

**All FREE to the public**

TUESDAY 29<sup>TH</sup> OCTOBER | 6.30PM

## 3D Art Workshop for Grandparents & Grandchildren

This workshop promotes sustainable art and encourages positive mental health. Participants will be supplied with canvas and all craft materials to create a bespoke piece of art while listening to relaxing music.

For Children 8+.

One Grandparent can attend with one grandchild only.

**TO BOOK CALL 041 988 0523 OR EMAIL [duleekdft@gmail.com](mailto:duleekdft@gmail.com)**



'The Healthy Ireland Fund Supported by The Department of Health'

## COMMUNITIES SUPPORTING EACH OTHER



- Look Listen and Link to Support our Communities

An online presentation based on the principles of Psychological First Aid to support communities in the aftermath of a traumatic event such as a death by suicide

**Tuesday 8th October @ 10.00 am**

To register, click the following link:

<https://bookwhen.com/suicidepreventiontraininglouthmeath>

Invitation to front line youth, community, healthcare workers across the community, statutory and voluntary sectors to an online presentation delivered by the HSE Resource Officers for Suicide Prevention, Cavan Monaghan and Louth Meath.

Places will be limited so depending on demand we may deliver a number of workshops to allow all interested parties to attend.

This webinar is an initiative of HSE Connecting for Life Cavan Monaghan and HSE Connecting for Life Louth Meath.

Please contact Emer Mulligan ([emer.mulligan@hse.ie](mailto:emer.mulligan@hse.ie)) or Rosaleen Dolan ([rosaleen.dolan@hse.ie](mailto:rosaleen.dolan@hse.ie)) for further details.



Connecting for Life

## FREE PARENTING TALKS



**15th Oct: Developing self-esteem, self-contentment and resilience in our children**

Did you know self-esteem and confidence are not the same and without good self-esteem we cannot be resilient? So how do you know if your child is happy in themselves? How can you take them on a journey of self-belief and empower them as they encounter bumps along the road.

Join Melissa to understand your child, learn actionable strategies to implement immediately at home and leave feeling empowered and heard



**22nd Oct: Recognising and understanding anger in children**

When our children display anger at home via their behaviours it can be really tricky for parents to know how best to respond. Is it best to ignore or punish? Do I remove privileges? is it age appropriate, should I be worried? Why are they behaving like this? Is it normal?

Melissa will help you understand your child's emotions and behaviours, arming you with a new perspective and approach.

**The Duleek Courthouse from 7.30pm to 8.30pm**  
To book, call 041 988 0523 or email [duleekdft@gmail.com](mailto:duleekdft@gmail.com)

'The Healthy Ireland Fund Supported by The Department of Health'



If you or someone you know is struggling with their mental health there are a range of supports available from the below organisations. Click for more info.







## GET INTO THE AUTUMN SPIRIT WITH THESE GREAT RECIPES

### TOMATO SOUP WITH PARMESAN CROSTINI

### SPICED PUMPKIN-MOLASSES CAKE

# hello AUTUMN



#### INGREDIENTS

- 2 3/4 lb. tomatoes
- 8 cloves garlic, smashed
- 1 red onion, thickly sliced
- 2 Tbsp. olive oil
- Kosher salt and pepper
- 4 1/2-in.-thick slices baguette
- 3 Tbsp. finely grated Parmesan

#### RECIPE

##### STEP 1: ROAST VEGETABLES

- Preheat oven to 325°F.
- On a rimmed baking sheet, mix tomatoes, garlic, onion, oil, salt, and pepper.
- Roast for 60-70 minutes until tender.
- Transfer to a pot, add 4 cups of water, and bring to a boil.
- Blend until smooth.

##### STEP 2: PREPARE BAGUETTE

- Preheat oven to broil.
- Place baguette slices on a baking sheet, top with Parmesan.
- Broil until cheese is melted.
- Serve with soup.

#### INGREDIENTS

- COOKING SPRAY
- 3 CUP. CAKE FLOUR, SPOONED AND LEVELED
- 1 TBSP. PUMPKIN PIE SPICE
- 1 TSP. BAKING SODA
- 1 TSP. BAKING POWDER
- 1 TSP. KOSHER SALT
- 1 CUP. MOLASSES
- 1 CUP. CANNED PURE PUMPKIN
- 3/4 CUP. BUTTERMILK
- 1/2 CUP. VEGETABLE OIL
- 1 LARGE EGG
- CONFECTIONERS' SUGAR

#### RECIPE

##### Prepare Ingredients & Pan:

- Preheat oven to 350°F.
- Lightly grease a 10-inch round cake pan.
- Mix dry ingredients (flour, pie spice, baking soda, baking powder, salt) in a bowl and create a well in the center.
- In a separate bowl, whisk together molasses, pumpkin, buttermilk, oil, and egg.
- Pour wet mixture into the dry mixture's well and stir until just combined.

##### Baking:

- Transfer batter to the prepared pan.
- Bake for 50-55 minutes until a toothpick inserted in the center comes out clean.
- Cool in pan for 10 minutes, then invert onto a wire rack to cool completely.

##### Serve:

- Before serving, dust with confectioners' sugar using a stencil for decoration.

[Click here for recipe](#)

[Click here for recipe](#)





## SOCIAL RUNNING PROGRAMMES MEATH

- Locations: Tara - Navan - Kells - Trim - Oldcastle
- 6- week programme with regular training sessions
- Focus: Training sessions to help participants jog/run a 3k or 5k
- For beginners and those with experience

 **REGISTER NOW**

## HOCKEY FOR WOMEN 18+

- Date: Friday 4th October
- Time: 7pm – 8pm
- Location: Navan Hockey Grounds, Windtown, Navan (beside Navan Aura)
- Cost: €20 for 4 weeks

 **REGISTER NOW**

## WOMENS SOCIAL SOCCER


- Duration: 6-week program
- Complete beginners and those with some experience
- Inclusive of all ages (16+) and fitness levels
- Training led by qualified soccer coaches who provide guidance and support

 **REGISTER NOW**

## LEARN 2 CYCLE ASHBOURNE

- Goal: Help children with disabilities cycle independently.
- Duration: 6 weeks, held outdoors.
- Dates: Thursdays, November 7th – December 12th.
- Time: 4:30 PM - 5:30 PM.
- Venue: Ashbourne Community School.
- Cost: €15

 **TDONEGAN@MEATHCOCO.IE**

 **046-9067887**





## MASTERING MIDLIFE WORKSHOP




- Target Audience: Women aged 35+.
- Focus: Effects of peri-menopause and menopause on mental and physical health.
- Format: 4-hour online workshop.
- Cost: €20.

 **REGISTER NOW**

## SOCIAL TENNIS FOR ADULTS 50+



- Location: Trim Tennis Club
- Benefits: Social engagement with club members, guidance, and support
- Cost: €20 for 4 weeks.
- Start Date: Wednesday, October 9th at 11 AM.

 **046- 9067887**



## SOCIAL MORNING FOR ADULTS 50+

- Activities: Cornhole, Boccia, Pickle Ball, Pétanque, and Zumba Gold.
- Attendance: 60 adults from various local active retirement groups, Men's Sheds, and ICA groups.
- Outcome: Successful event with plans for continuation.
- Schedule: Active social mornings will be held every Tuesday at 11 AM for the next 5 weeks

 **PCUNNINGHAM@MEATHCOCO.IE**

 **046- 9067887**

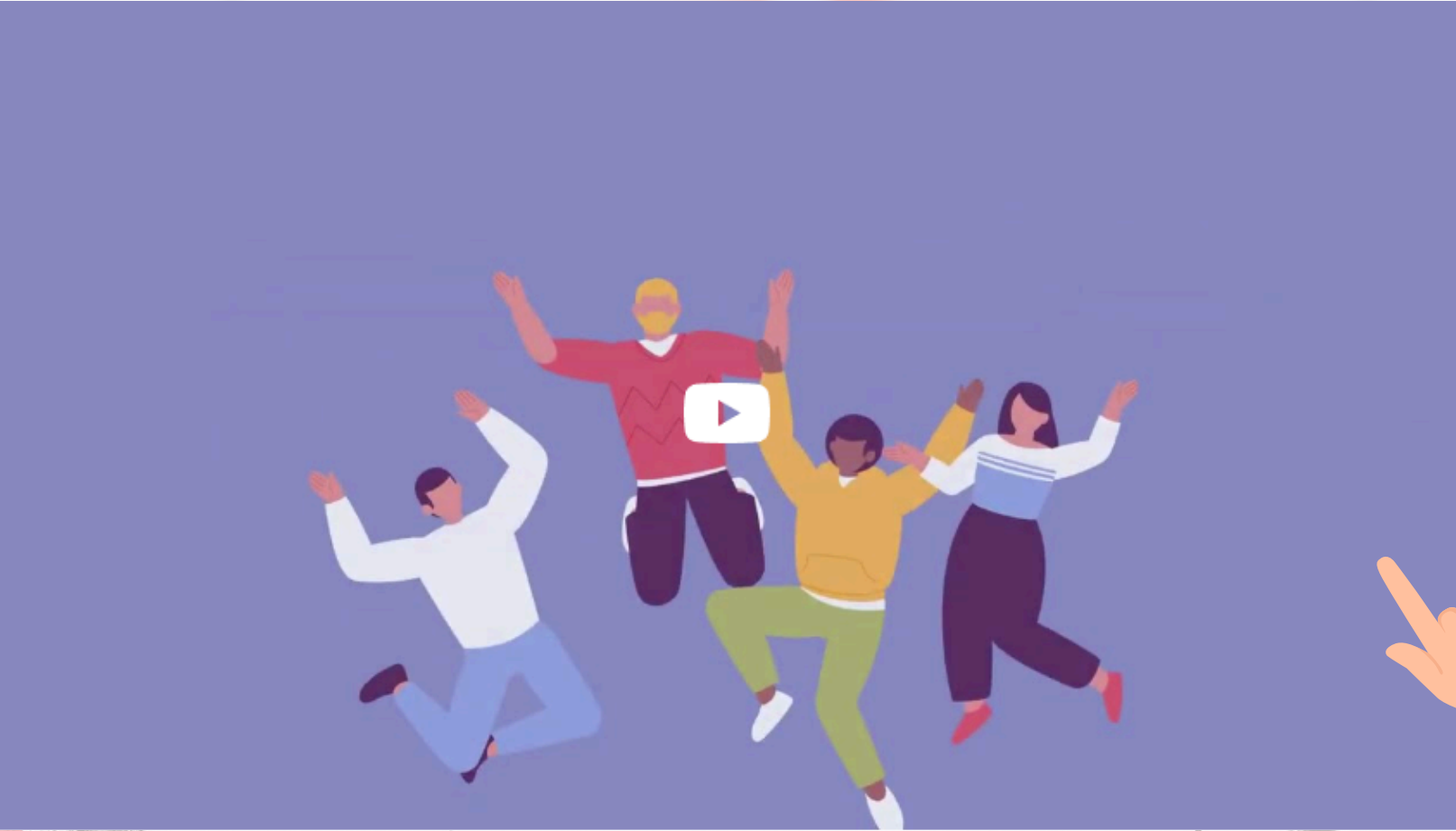




**Drug & Alcohol Helpline**  
 Freephone  
**1800 459 459**  
 Email Support  
**helpline@hse.ie**  
 Confidential support & information service  
[www.hse.ie/go/drugshivhelpline](http://www.hse.ie/go/drugshivhelpline)

Please Turn-Over **HE** Reidhmeannacht na Seirbhíse Sláinte  
Health Service Executive Please Turn-Over

## CANCER AND ALCOHOL



### Talk To Your Child About Drugs

It is internationally recommended that children and young people should not drink or take drugs as their bodies and brains are still developing until early to mid twenties. However, in Ireland despite the legal age for alcohol use being 18 years, the average age for those who do start to experiment with substances is around the age of 15 years. The HSE have developed 'Alcohol and Drugs:A Parent's Guide' aimed at parents, guardians and others who care for children. It can help you to understand the risks related to alcohol and drug use in teenagers. It gives you practical advice on how to tackle issues that may arise

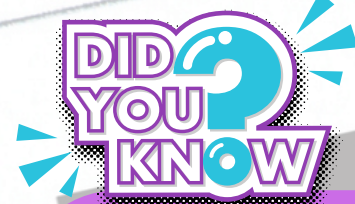
**[Click here to download the PDF for 'Alcohol and Drugs' parent guide](#)**

- Our bodies break down alcohol into acetaldehyde, which is a toxic chemical. Acetaldehyde can damage DNA (the genetic material that makes up genes) and stop our cells from repairing the damage.
- Alcohol weakens the body's ability to break down and absorb a variety of nutrients that may protect you against cancer. These include vitamin A, folate, vitamin C, vitamin D and vitamin E.
- Alcohol increases levels of the hormone oestrogen. Higher levels of oestrogen increase the risk of breast cancer.





# Sexual Health



Did you know free contraception is available to women, girls, trans and non-binary people who need prescription?



## WHAT?

What costs are covered?

- GP or doctors appointment to talk about contraception options
- prescriptions given by your doctor
- your choice of contraception
- any check-ups needed



Visit [mysexualwellbeing.ie](http://mysexualwellbeing.ie) for more information

## LIVING WITH HIV



People living with HIV face a lot of specific challenges that are related to the stigma surrounding the virus. It's important that everyone works to reduce the stigma around HIV, and support people living with HIV. The treatment available now means that people living with HIV live long, full, healthy lives. They have love lives, sex lives, many friendships, and fulfilling careers, just like everyone else.

Click the image above to read an article by SpunOut talking all about how to live with HIV

HIV



sexualwellbeing.ie

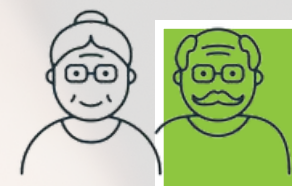
## HOW?

How to get free contraception?

- be age 17-35
- live in Ireland
- have a PPS number







# Older Persons

## EATING WELL AS YOU GROW OLDER



### How to stay active and flexible Advice for older adults



#### The benefits of being active – if you don't use it, you lose it!

##### Being active helps:

- You to stay mobile and independent
- To keep your heart and lungs healthy
- To keep your bones and muscles strong
- To improve your mood

##### Being active improves:

- Your flexibility and prevents stiffness
- Your brain function and memory
- Your balance
- Your health and wellbeing



Many older people are at risk of cardiovascular disease like a heart attack or stroke. Minimise your chances of these by following these simple steps:

Eat healthy nutrient dense food



Exercise regularly



Reduce stress



Get good quality sleep



Quit smoking

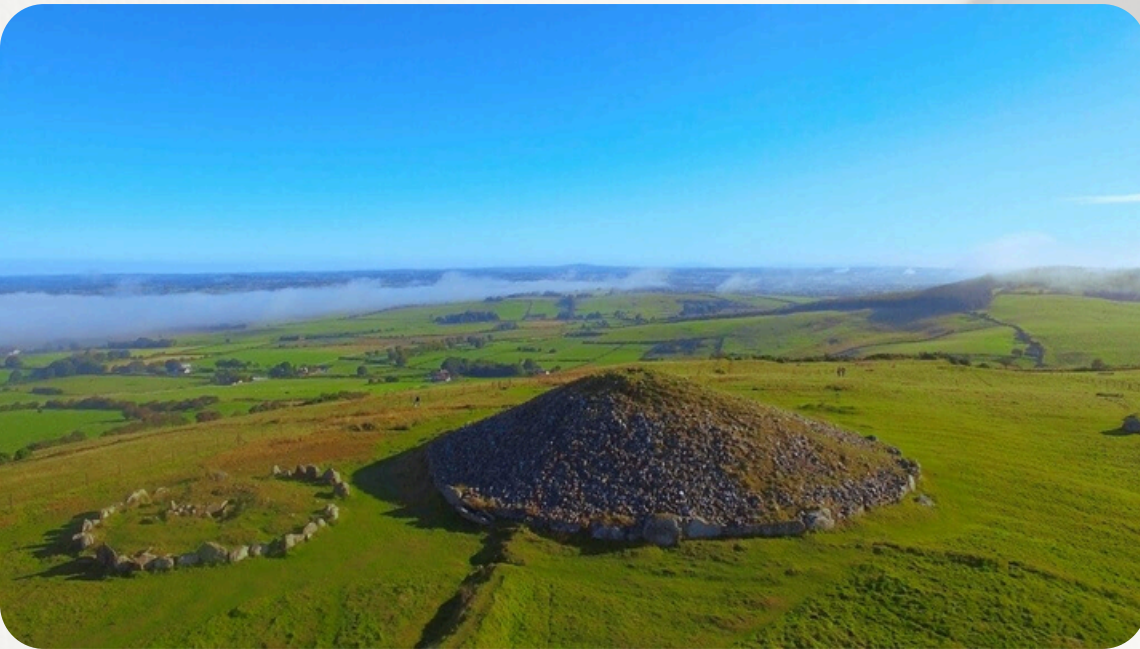






# Spaces & Places

## Loughcrew



Take a hike to the highest point in Meath by visiting loughcrew



Loughcrew Cairns, Corstown, Oldcastle, Co. Meath

Daily 10:00am to 17:00pm

## OTHER BEAUTIFUL PLACES IN MEATH



**CANAL**  
130km of Royal canal greenway with 22km in Meath between Enfield and Longwood

**BEACH**  
Sandcastles and flipflops at Gormanstown, Laytown, Bettystown and Mornington

**BOG**  
Why not take a stroll through the Girley Bog just outside Athboy

**RAILWAY**  
The old Navan to Kingscourt railway line is now the 30km Boyne Valley to Lakelands Greenway

**WOODS**  
Bathe in the woods at Summerhill Woods, Balrath Woods and Mullaghmeen Forest

**RIVER**  
Step back in time beside the Boyne at Oldbridge, Slane, Navan and Trim



# Workplace Wellbeing



Work can be a very stressful environment and can cause workers to neglect prioritising their mental health. Below are 10 tips to follow to support your mental health

Valuable resources for further information

WORLD MENTAL HEALTH DAY  
OCTOBER 10 2024

Ten Tips for World Mental Health Day in the Workplace



The theme for this year's World Mental Health Day is 'It is Time to Prioritise Mental Health in the Workplace'. The HSE are encouraging staff and workplaces to support mental health and wellbeing. For this year's World Mental Health Day, October 10 2024, there are a number of tips below to assist you and your colleagues in promoting health and wellbeing in the workplace.

### Ten Tips for Supporting your Mental Health in the Workplace

1. If you or a colleague are experiencing a mental health issue and need support, the HSE [Employee Assistance Programme](#) (EAP) is a confidential, independent service. The service is free and available to all HSE employees by calling [0818 327 327](tel:0818327327).
2. Take time to download the [HSE staff brochure](#) and explore the resources and initiatives available to support their Personal Health and Wellbeing and to create supportive workplaces.
3. Staff with a disability, staff who come from diverse ethnic backgrounds or who are members of the LGBTQIA+ community and allies can join a [HSE Employee Network](#) to connect with and get peer support from colleagues with similar backgrounds or lived experiences.
4. Protect yourself against the challenges of stress by looking at the [Stress Control](#) programme and the associated resources available on [www.stresscontrol.ie](http://www.stresscontrol.ie).
5. Do something meaningful to **connect with your colleagues** such as meeting up in person or planning a lunch together. With a wide variety of working arrangements in place across the HSE, the support from and engagement with our colleagues is vital for our mental health.
6. Learn about mindfulness, gratitude, self-care and resilience. The HSE **'Minding Your Wellbeing'** programme covers these topics to support mental wellbeing. Contact your local Health Promotion and Improvement Department to attend in person or access [online](#).
7. Connecting with **nature and the outdoors** can benefit our mental health. Taking a walk, with colleagues if possible, is a simple way to improve your mental health. Avail of any available outdoor spaces (e.g. garden space, picnic benches) at break/lunch times; or explore your [Slí na Sláinte](#) walking route near your workplace.
8. Physical health has a big impact on how we feel. Why not try out the free **HSE online exercise programmes** such as [HSE Yoga for Beginners](#), [HSE Pilates for Beginners](#), [HSE Strength Conditioning for Beginners](#).
9. Create new or become involved in existing **workplace creative arts** initiatives (e.g. staff choirs, social clubs, and drama/variety groups). There is good evidence that arts and creativity can have a significant positive impact on our mental health and wellbeing.
10. What you eat can make a big difference. A diet rich in fruit, vegetables, wholegrains, seeds and unsaturated fats helps protect your mental health. For more on healthy eating see [here](#).

Share your activity or your learning on social media to encourage others using the hashtag #HSEMentalHealthDay

[HSE Talking Health and Wellbeing Podcast](#)

[HSE suicide prevention training programmes](#)

[Free webinar on Wednesday 9th October, 'Depression: It's More Than Just Feeling Sad'](#).

[Managing Work-Related Stress for HSE staff](#).

['The Psychology of Health and Happiness' and 'Identifying Your Strengths' videos](#)

[See Change in the Workplace Programmes](#)

[HSE Staff Health and Wellbeing Brochure](#)





# Other

## Student Peer to Peer Group with AsIAM

Join the Student Peer to Peer Group by AsIAM

### Are you an autistic student in college/further education in 2024?

We understand that there can be times while you are in college that can be challenging, which is why we are excited to introduce the Student Peer to Peer Group. This online group aims to connect autistic students with each other, providing a safe and supportive space to discuss concerns and share experiences.

**Who is it for?** This group is for autistic students who are attending university in Ireland.

**When and Where?** The group will meet every Tuesday for three weeks. The group will meet on the **8th of October, 15th October and the 22nd October from 7-8pm.**

We will gather online via Zoom, allowing participants from across Ireland to connect and engage. We ask that if you register for the sessions at the QR link below, that you try to commit to the three weeks. There is also a question box asking you if there are any themes that you may want to discuss or any accommodations that you may have on the night.

### What to Expect?

Over the course of the three peer sessions the group will be supported to discuss topics & themes in a way that works for you. The Peer sessions will focus on:

**Empowerment:** Participants will suggest weekly discussion themes & topics that are relevant & meaningful to them.

**Environment:** Participants can engage with peers in a safe online environment, using their preferred form of communication - video, voice, or chat.

**Encouragement:** Participants are encouraged to reflect on the weekly discussion topics, identify how the topic is relevant to you, and share your thoughts & ideas with the group.

Sign Up Today!



IRELAND'S AUTISM CHARITY

SCAN HERE

To sign up today!!



# FAMILY CARERS Support Group

NEW!



If you are currently caring for a loved one with additional needs (or have cared in the past), our monthly support group is aimed at giving you a break from your caring routine and meet others who understand.

Our non-judgemental group offers open discussion, support and an opportunity to make friends.

Also, learn more about the FREE services and supports we offer you, the family carer.

The Unity Centre, Dunloe Park, Windtown, Navan, Co. Meath, C15 FHD1

Last Thursday of each month - 10am to 11.30am

To register please contact Jacinta Kennedy Mulligan at [jkmulligan@familycarers.ie](mailto:jkmulligan@familycarers.ie) or call us on 041-9710158

For more information about Family Carers Ireland [www.familycarers.ie](http://www.familycarers.ie)



No one should have to care alone





# Other

## Membership

Join Ireland's community of family carers & avail of exclusive offers, benefits + MUCH MORE!

- Sensory Clothing
- Spa Offers
- Mobile Phone Deals
- Venue Discounts
- Online Pharmacies
- Skechers Discount
- Hotel Breaks
- FREE Cinema Entry

Become a member today for only €20 per year.

Email: [membership@familycarers.ie](mailto:membership@familycarers.ie)

Visit: [www.familycarers.ie](http://www.familycarers.ie)



The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care. We strive to promote carer resilience by enabling all family carers to:

- ✓ Be confident in their individual carer roles;
- ✓ Establish and maintain a regular caring routine;
- ✓ Feel listened to, valued and not alone;
- ✓ Be able to access relevant training, advice and support;
- ✓ Be informed of their rights and entitlements;
- ✓ Meet and speak with their peers in a safe, relaxed environment;
- ✓ Take a break from a demanding and stressful caring role;
- ✓ Know where to seek additional support from State and their community;
- ✓ Access emergency supports when needed.

National Freephone Careline  
**1800 24 07 24**



No one should have to care alone



We are the national charity dedicated to supporting Ireland's 500,000+ family carers.

National Freephone Careline  
**1800 24 07 24**

[www.familycarers.ie](http://www.familycarers.ie)



Family Carers Ireland is the national charity supporting the 500,000+ family carers across the country who care for loved ones such as children or adults with physical or intellectual disabilities, frail older people, those with palliative care needs or those living with chronic illness, mental ill health or addiction.

Our vision is an Ireland in which family carers are properly recognised, supported and empowered.

Our mission is to highlight the contribution of family carers to Irish society and to improve the lives of family carers throughout the country. **We believe that no one should have to care alone.**



- Family carers save the state €20bn each year
- They provide 19 million hours of unpaid care each week
- By 2030, 1 in 5 will be a family carer

We understand the pressures family caring can place on you, the carer. We want to assure you, you are not on your own.

Family Carers Ireland has a range of supports & services available to you.

- Information on Rights & Entitlements, e.g. Carer's Allowance, Carer's Support Grant, Tax Deductions & more
- Emergency Planning
- Respite/Emergency Respite
- Fair Deal Assistance
- Home Care Package Advice
- Training, Education & Workshops
- Online Carers' Coffee Clubs
- Counselling
- Advocacy & Lobbying
- Carer Support Groups
- Seniors Alert Scheme for over 65s
- Assistive Technology Advice
- Private Home Support Services
- Young Carer Support
- Membership

+ SO MUCH MORE!

Family Carers Ireland is here to help by providing carers with expert guidance, information and support.



• We have support centres located across the country, each one staffed by a fully trained Carer Support Manager who is there to guide and support family carers as well as advocate on their behalf.

• Our confidential National Freephone Careline is available around the clock, allowing you to talk to experienced and supportive staff who will listen to your concerns and offer practical advice.

• Having access to the right information at the right time and in the right format can make a huge difference to the life of a family carer. Our resources are designed to bring you the advice and information you need when and how you need it.

• Alternatively, you can download one of our many information booklets, rights and entitlements guides or access practical online e-learning modules from [www.familycarers.ie](http://www.familycarers.ie).

# LEADERS WANTED

## CAN WE COUNT ON YOU?



### Become a volunteer today

More than 1,500 young girls are on waiting lists to join Irish Girl Guides.

Together you can try new activities, increase self esteem, learn about the world, enjoy the outdoors and make new friends. It's fun for you too!



[irishgirlguides.ie/becoming-a-leader](http://irishgirlguides.ie/becoming-a-leader)

[info@irishgirlguides.ie](mailto:info@irishgirlguides.ie)

[@IrishGirlGuides](https://www.instagram.com/IrishGirlGuides)

[#LoveofLeadership](https://www.facebook.com/IrishGirlGuides)

086 136 7786

North East Region





### Healthy Meath Microfund Grant Scheme

Cuidiu Meath received grant funding to hold events throughout September and October for positive mental health for parents. Below are photos of their Dads Out & About Messy Play Event held in Ashbourne Youth Centre



### Healthy Meath Microfund Grant Scheme

Claremount Stadium in Navan were awarded funding for World Mental Health Day on 10th October. Below is a list of events that are taking place

## WORLD MENTAL HEALTH DAY

Thursday 10th October 2024

Activity	Time
Yoga Class <small>with In Flow Yoga</small>	10am - 11am <b>FULLY BOOKED</b>
Introduction to Meditation <small>with Red River Yoga</small>	11.30pm - 12.30pm <b>FULLY BOOKED</b>
Pilates Class <small>with Bodybalance Physio</small>	1pm - 2pm <b>FULLY BOOKED</b>
Tai Chi <small>with Ease Tai Chi</small>	2.30pm - 3.30pm <b>FULLY BOOKED</b>
Dance Class <small>with Mel's School of Dance</small>	4pm - 5pm <b>FULLY BOOKED</b>
Athletics Track Free For Public Use	9.30am - 6pm, 8pm - 11pm <small>No Booking Needed</small>

**BOOKING IS ESSENTIAL FOR CLASSES. PLEASE CALL 046 902 9693 TO RESERVE A PLACE.**







# FREE HEALTH CHECKS



Pharmacies across Meath are offering free health checks to members of the public including:

- Lifestyle assessment
- Blood pressure & pulse rate
- Waist circumference
- Cholesterol and blood sugars
- Personalised advice



FOR MORE INFORMATION OR TO BOOK YOUR FREE HEALTH CHECK, PLEASE CONTACT ONE OF THE BELOW PHARMACIES

- All Care Pharmacy, Knightsbridge Nursing Home, Trim. 046-9436585
- Mc Nally's Pharmacy, Unit 10 Main Street Lower, Duleek. 041-9814846
- Hickey's Johnstown SC, Johnstown Shopping Centre, Johnstown. 046-9091177
- O'Connors Pharmacy, Delvin Centre, Stamullen. 01-8418018
- Slane Pharmacy, Unit 4 Smyths Service Station, Slane. 041-9884924



The Healthy Ireland Fund supported by the Department of Health



## CommUnity Connect Louth & Meath...Coming Soon!

Following our consultation event in May, our CommUnity Connect resource pack and CommUnity Connect Wellbeing Map for Meath are almost ready. We hope to launch these in early November.





Healthy  
**Meath**



Thanks for reading 😊

If you have something you would like to include in the next Healthy Meath Newsletter please email it to [healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie)