

Positive Ageing Week

MONDAY 28TH SEPTEMBER TO FRIDAY 2ND OCTOBER 2020

Positive Ageing Week is **Monday 28th September to 2nd October**. An online platform of events will be showcased across the counties of Carlow, Kilkenny, Tipperary, Waterford and Wexford.

This is the exciting line up of content and information and opportunities for you to engage during Positive Ageing Week.

The content will be screened via zoom. Please ensure that you have zoom downloaded to your device.

All content will be available from **6th October** on the websites of Carlow, Kilkenny, Tipperary, Waterford and Wexford Local Authorities so if you miss one during Positive Ageing Week you can still view the content at a later date.

To register see www.tipperarycoco.ie or the facebook page Positive Ageing Week 2020 or twitter @PositiveAgeingW

The Healthy Ireland Fund, supported by the Department of Health and the Department of Children and Youth Affairs.

HEALTH AND WELLBEING 10.30AM	FACILITATOR	SCREENING
Mental Health	Gina Delaney, Mental Health Ireland	Monday 28th
Healthy Food	Deirdre Howlin, HSE	Tuesday 29th
Social Prescribing	Fiona Laffan, Niamh Flavin and Stella Mackey	Tuesday 29th
Mindfulness	Teresa Hennessy, HSE	Wednesday 30th
Flu Vaccinations	Leonora Fitzgerald	Wednesday 30th
Building Resilience in Older People	Dr Denise Rogers, Vourneen Gleeson, Bernard Prendergast	Thursday 1st
Self Management Supports for Long Term Health Conditions	Kate O'Connor, Caitriona Renwick, Michael Lane, Martin Treacy, John Wheelan	Friday 2nd
INFORMATION SESSION 1.30PM		
Alone , Volunteer Centre	Rob Walpole, Derek Fanning	Monday 28th
Fair Deal Scheme Library Services	Barbara Murphy Paul Devane	Tuesday 29th
Citizens Information Fire Service and Safety at Home	Sinead Tynan, John Hoctor	Wednesday 30th
Safety and Security Age Action	Sgt Tom O'Dwyer, Paddy Connolly CEO Age Action	Thursday 1st
Housing Options & Dementia Awareness	Noel Hennessy, Fiona Foley	Friday 2nd
CULTURE AND DIVERSITY 3.30PM		
Musical Engagement	Drawing Room Opera Company	Monday 28th
Storytelling	Niall De Búrca	Tuesday 29th
Intercultural Day	Samuel Morgan, Syed Mustafizur Raham, Monika Grodecka, Liviv Iftime, Murty Brennan	Wednesday 30th
Activity Day – we encourage you to go for walk, socially distanced and enjoy the afternoon and share images from your walk to paw2020@tipperarycoco.ie		Thursday 1st
Storytelling	Ray McGrath	Friday 2nd



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