

KILKENNY COUNTY COUNCIL LIBRARY SERVICE



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Seirbhís Leabharlaine Chomhairle Contae Chill Chainnigh



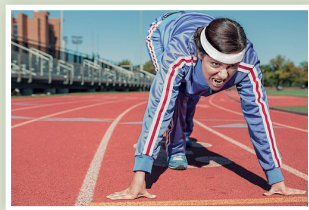
Get your Health Kick at your local library!

#BeWell #ThinkWell #EatWell



#HealthyIrelandatYourLibrary

Are you 6 weeks into your new healthy habits and finding your motivation starting to wane? Have you already ditched that gruelling fitness regime?



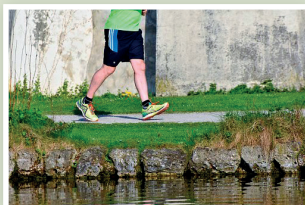
Are you back to the ready-made meals and sugary snacks?

Don't despair.. Kilkenny County Council Library Service is rolling out another phase of the Healthy Ireland at your Library initiative over the coming weeks!

With events, talks and workshops dedicated to supporting your health and well-being, we are sure to have something to peak your interest and get you back on track. Not forgetting our dedicated book collection, our eBooks & eAudiobooks, our digital magazines all ready to keep you informed on all health and well-being matters.

#BeWell

Our programme of events include a Mindfulness for Exams talk, a course on Ageing with Confidence, a De-cluttering workshop, Music therapy sessions, a gardening talk and much more!



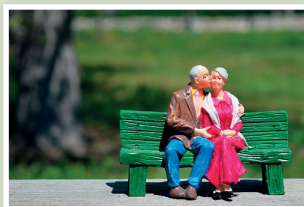
Improve your fitness levels, get out in the fresh air and meet new people! Join Orla from Get Fit Smiling for a series of guided walks in Thomastown.

Orla will meet participants at the library at 10.30am on Tuesday mornings (start date the 18th of February) and finish up at the library afterwards for refreshments.

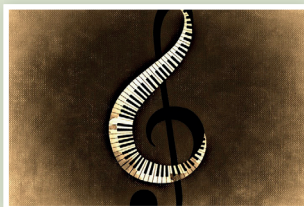


With spring in the air, perhaps you are starting to tend to your garden again this month. If you are keen to get started in growing your own healthy food but not sure where to start, Dee Sewell of Greenside Up will give a workshop in Ferrybank Library on growing food in small spaces. Dee also believes in the positive health benefits that gardening can bring so this talk should not be missed.

Grow old with confidence! Meet new people as you enter this next stage of your life and register in Loughboy library for a FREE course on Ageing with Confidence. This course will run over 5 weeks (starting the 23rd

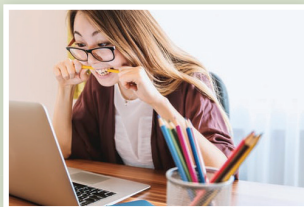


of March), and you can register at Loughboy Library, phone 056 779 4716. Topics covered include how you can build Self-Confidence, ageism, physical and psychological aspects of normal ageing and resilience in later life.



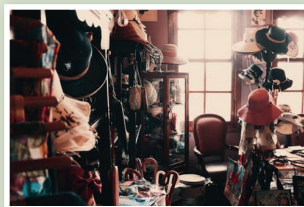
Ferrybank Library and Callan Library will host some music therapy sessions in February. In Callan Library join music therapist Ann Moylan for an open session featuring "Songs of Yesteryear" on Wednesday morning the 26th of February at 11.00am. A great way to meet new people and share the joy of singing. All are welcome to attend.

#ThinkWell



For students who have to cope with exams this year and for parents who have to cope with the students coping with exams, we have two great workshops on "Mindfulness for Exams". Learn how to manage this stressful exam time with psychotherapist Michael Dalton. These workshops will take place in the City Library on the 25th of February at 2.00pm and in Graiguenamanagh Library on the 22nd of February at 11.00am.

Another psychotherapist, Fiona Hall, will deliver a talk on De-cluttering and how it can bring you happiness in Castle-



comer Library on the 27th of February at 12.00pm, so if you are keen to get spring cleaning this February you definitely do not want to miss out on some top tips and practical advice on how to successfully declutter. Fiona will also discuss the benefits of this process for our mental health, clearing out the past and helping to focus on what is truly important.

Fiona will also give a talk in Urlingford Library on the 27th of February at 3.00pm where she will discuss the importance of retirement re-adjustment. Fiona will look at what you can expect emotionally from retirement and how to prepare for this major period so you can make the most of this new chapter in your life. This workshop is suitable for people approaching retirement and also those in retirement.



Local Dementia Nursing Specialist, Caroline Clifford will return to Loughboy Library to give another talk on dementia on Friday the 20th of March. This talk will cover what dementia is and what local supports are available to those who live with dementia and their families. Following this talk, Loughboy library staff will be on hand to give a demo of their new "Magic Table" - a fantastic resource which features interactive games that have been proven to help with social and cognitive engagement for those who live with dementia.

#EatWell

Ready to take your health to the next level? Registered dieti-



tian Aislinn Murphy will deliver a talk on "Healthy Eating for Healthy Living" in Thomastown Library on Thursday the 27th of February at 11.00am and in Castlecomer Library on Thursday the 19th of March at 11.30am.

Aislinn will share top tips on how to jump start your energy levels and give your mind and body the nourishment it needs.

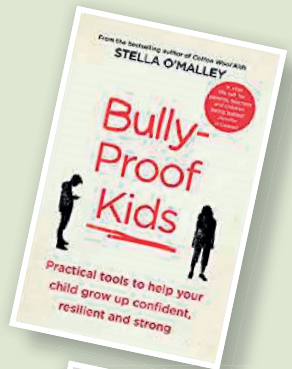
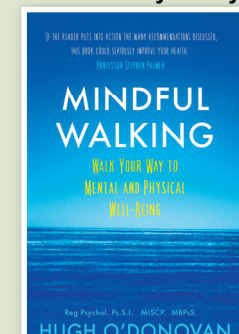
Healthy Ireland at your Library Story-times



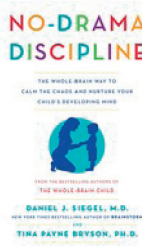
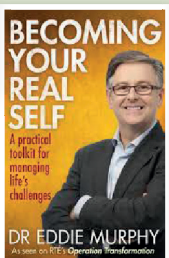
All branches are holding Healthy Ireland at your Library themed storytime, see dates below. Join staff for good stories and a fun discussion on healthy eating!

Branch	Date & Time
Ferrybank Library	Tuesday 11th February at 11.30am
Urlingford	Thursday 13th February at 11.00am
City Library	Saturday 15th February at 12pm
Castlecomer Library	Wednesday 19th February at 11.30am
Loughboy Library	Thursday 27th February at 11.30am

For full details of Healthy Ireland at your Library programme, pop into your local library to pick up a brochure or log on to www.kilkennylibrary.ie



Do check out our selection of Healthy Ireland at your Library display of books available in your local library. With over 130 titles in the collection, there are titles to be found on a wide-range of topics including parenting, healthy eating, exercise, sexual health and mental health.



Our online resources feature some fantastic eBooks and eAudio-books which can be easily downloaded for FREE to your laptop or smart device. We also have a great selection of health and fitness digital magazines to keep you up to date on the latest health and fitness trends.

