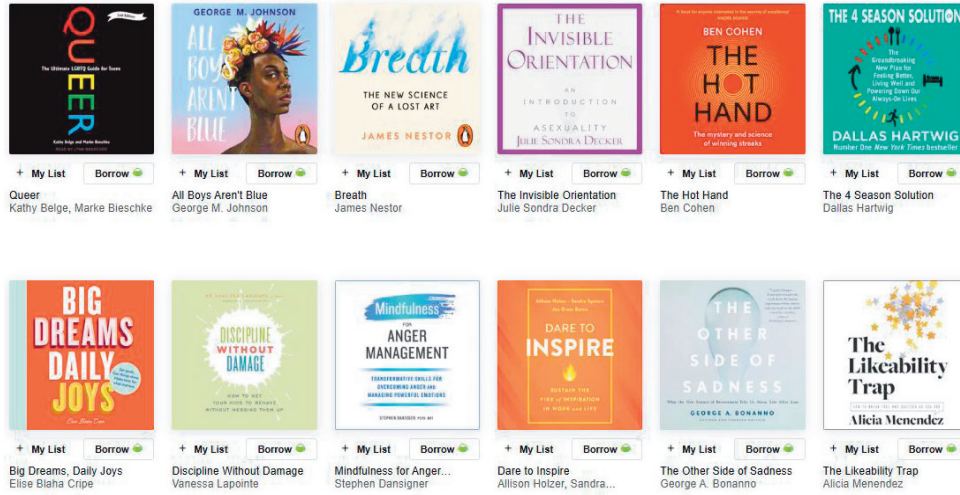




# Embrace a Healthier You at your Local Library

**P**ublic libraries have long been lauded as trusted sources of information within the community and when it comes to reliable health information and resources they are no different. In an age of conflicting or downright false health-related information, the Healthy Ireland at your Library programme continues to be a cornerstone of the library brand.



Fans of BorrowBox can also access our Healthy Ireland collection on the go by choosing their format of choice (eAudio or eBook), clicking on "Explore" and finding the Healthy Ireland section - perfect for getting a read in while on a walk or in the gym!

### Healthy Ireland Programming and Events

There is no shortage of expertise when it comes to health and wellbeing in Kilkenny and Kilkenny County Council Library Service are committed to providing free access to these experts and resources.

Our Healthy Ireland at your Library programme has already kicked off with a cancer prevention talk from the HSE, an osteo-



arthritis education session, cancer support information sessions from Cois Nore, a mental health workshop run by Kilkenny Leader Partnership and a children's mindfulness workshop in Irish for Seachtain na Gaeilge.

To celebrate No Smoking Day on March 7th, stop smoking advisors from the HSE were on hand in Graiguenamanagh and Thomastown Libraries to provide invaluable information on the many supports available to help kick the habit.



Essie from the well-established Kilkenny School of Yoga will also be running a series of 3 chair yoga workshops in Castlecomer Library

starting on March 24th. Chair yoga is an excellent way of improving balance and strength without putting pressure on joints. For more information or to book a place, ring (056) 4440561 or email castlecomer@kilkennylibrary.ie.

There are many more Healthy Ireland events on the cards this year including talks from qualified physiotherapists and psychotherapists, chair pilates, visits from the Irish Heart Foundation mobile unit and many more. To stay informed of upcoming events, visit [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie), follow us on Facebook or Instagram or subscribe to our newsletter by scanning the QR code.



### Get a Move on with Activator Poles

Kilkenny County Council Library Service, in partnership with Kilkenny Recreation and Sports Partnership, also provide free access to activator poles in Loughboy, Graiguenamanagh, Castlecomer and Ferrybank Libraries.

Activator poles are extremely useful tools which have been de-

signed by therapists to promote balance and improve mobility. They offer enhanced stability and support when walking, allowing users to get that all-important walk in safely and confidently.

For more information on how to borrow a set of activator poles for free with your library membership, email [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie) or give us a call at (056) 7794160.



## Local Studies : Photographic Collections

In our Local Studies Department, we have a wide range of photographic collections which are available to view by appointment. These include the Valentine, Crawford and Lawrence collections, dating back to the late 1800's. One collection we have is a series of photographs taken by the Kilkenny Photographic Society entitled 'The River Nore, From Source to Sea' and was a project developed as part of Heritage Week, 2010.

The River Nore, which rises on the edge of the Devils Bit mountain in County Tipperary, is one of the principal rivers (along with the River Suir and River Barrow) in the South-East Region of Ireland. The group known as the Three Sisters.



If you would like to view these beautiful photographs, contact our local studies department on 0567794160.

More information on the Kilkenny Photographic Society can be found on their website: <https://kilkennyphoto.net/>

**River Nore Credit Grennan Castle, Thomastown. Photo Credit: Frank Corcoran, KPS.**

## New In!

