

HEALTHY CARLOW EVENTS

For further details or information please contact Eilish Langton, Healthy Carlow Co-ordinator at healthycarlow@gmail.com or 059-9136220

Date	Venue	Event	
5th March 7.30 - 9.30pm	Seven Oaks Hotel, Carlow	Autism: Issues & Solutions and the role of Physical Activity - An evening with Dr Susan Crawford	Free event for parents, families & friends
6th March 9.30 a.m. – 1pm	Seven Oaks Hotel, Carlow	Fundamental Movement Skills for Autism development programmes Practical Workshops with Dr Susan Crawford:	Free event for educators, community workers & professionals
13th March 7.30 - 9.30pm	Woodford Dolmen Hotel, Carlow	Steps Towards A Healthier Lifestyle with guest speaker Senator Frances Black - This event is geared toward those who want to take their first step towards behaviour change becoming a healthier individual. FREE: Health Checks, Metabolic Testing, Nutrition Packs & Demonstrations, Education Guidance & much more	Free event: everyone welcome
26th March 7.15pm – 9 pm	Visual Theatre, Carlow	Weed – What every parent needs to know: Philip James a psychiatric nurse & specialist in dual diagnosis highlights the impact of marijuana on adolescent mental health, supported by John Leahy: HSE Drug Education Officer, Elaine Rowe: Garda Juvenile Liaison Officer, Angela Keogh: Community Based Drugs Worker	Free event for parents, educators, community workers & professionals

CARLOW INSTITUTE OF FURTHER EDUCATION & TRAINING OPEN MORNING

Date	Venue	Event	Contact details
8th March 2019 9.30am-12.30pm	Woodford Dolmen Hotel	Open Morning to find out about full time courses starting in September 2019. The general public alongside schools/ colleges are welcome to attend this information morning and speak to the course co-ordinators	Tel: 059 9131187. www.carlowifet.ie

IRELAND SKILLS LIVE EXHIBITION

Date	Venue	Event	Contact details
21st – 23rd March	RDS, Ballsbridge, Dublin	Experience the skills that can shape your future at the Skills event. Join the best and brightest in their skill area as they compete for the National title in Dublin's, RDS. Try your hand at trades and skills with interactive workshops, events and activities taking place throughout the show. Use this opportunity to talk to industry and education experts all at Ireland Skills.	For more information – www.irelandskillslive.ie

CARLOW COLLEGE OPEN EVENING

Date	Venue	Event	Contact details
9th April 2019 5pm-8pm	Carlow College (St. Patrick's)	This is an ideal opportunity to visit Carlow College, meet lecturing staff and find out more about the degrees on offer. The Admissions Team will also be on hand to answer any questions, around SUSI/ fees/ grants and the CAO application process.	For more information please contact Brianna on 059 9153200/ bdoyle@carlowcollege.ie