

## HEALTHY CARLOW EVENTS - MARCH 2019



The poster features a green map of Carlow in the top left corner with 'FREE | EVENTS' written in a red box. Next to it is a circular logo with 'hi' and 'Healthy Ireland'. The main title 'Healthy Carlow' is in large green and black text. The poster lists three events in white boxes with black text. At the bottom, there is a red banner with contact information and logos for LEDE, Pobal, and Carlow.

**FREE | EVENTS**

**Autism & Physical Activity: Dr Susan Crawford**  
Dr Crawford, a leading expert in autism leads the way on the benefits of physical activity for autism awareness & programme development.  
5<sup>th</sup> March 7.30p.m. – 9.30p.m. & March 6<sup>th</sup> 9.30 – 1.30 p.m. Seven Oaks Hotel, Athy Rd, Carlow

**Small Steps Towards A Healthier Lifestyle with Guest Speakers**  
This event is geared toward those who want to take their first step towards becoming a healthier individual. It's about the small steps that can inspire you to challenging your own behaviour.  
**FREE:** Health Checks, Metabolic Testing, Nutrition Packs & Demonstrations, Education Guidance  
**Free** Tasters in Massage, Physiotherapy & much more.....  
13<sup>th</sup> March, Woodford Dolmen Hotel, Carlow 7.30 p.m. – 9.30p.m.

**Weed – What every parent needs to know: Philip James**  
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: CRYs Community Based Drugs Worker.  
26<sup>th</sup> March, Visual Theatre, Carlow 7.15 p.m. – 9 p.m.

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LEDE Pobal Carlow

For further details or information please contact Eilish Langton, Healthy Carlow Co-ordinator at [healthycarlow@gmail.com](mailto:healthycarlow@gmail.com) or 059-9136220

### INFORMATION MORNING

#### **Have you been thinking about training as a Healthcare Assistant?**

The BTEI is hosting an Open Information Morning on **Wednesday, 6<sup>th</sup> March in Teach Bhríde** in Tullow from 10am-1pm. There will be information on courses due to start in Carlow town, Tullow and Rathoe with speakers and information stands from a selection of local healthcare providers and employers. For more information please call BTEI on 059 9139532.

### INFORMATION MORNING

#### **Carlow Institute of Further Education & Training**

**8<sup>th</sup> March 2019 - 9.30am - 12.30pm in the Woodford Dolmen Hotel**

Interested in finding out about full time Further Education options at Carlow Institute of Further Education & Training starting in September? There are plenty of courses to choose from. For more information please call 059 9131187. Course information available at

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

## **IRELAND SKILLS LIVE EXHIBITION**

**21<sup>st</sup> - 23<sup>rd</sup> March 2019 in the RDS**

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](http://www.irelandskillslive.ie)

## **OPEN EVENING**

**Carlow College (St. Patrick's)**

**Information Evening - 9<sup>th</sup> April from 5-8pm**

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 Byrne on 059 9153200/ [bdoyle@carlowcollege.ie](mailto:bdoyle@carlowcollege.ie)