



Healthy Ireland
at your Library

Longford County Library Healthy Ireland at Your Library Programme 3
Autumn/Winter 2019/20



Library Branch	Name of Healthy Ireland at Your Library Event	Autumn/Winter 2019
<p>Lanesboro Branch Library</p>	<p>“Using Mindfulness to help cope with Stress, Anxiety and Depression”</p> <p>Tips for Good Mental Health</p> <p>Both talks delivered by Paul Marsden, Occupational Psychologist</p>	<p>➤ Monday 14th October from 7-8.30pm.</p>
<p>Drumlish Branch Library</p>	<p>Using Mindfulness to help cope with Stress, Anxiety and Depression” with Paul Marsden with Drumlish Mens Shed Group</p>	<p>➤ Monday 21st October 11-1pm</p>
<p>Longford Branch Library</p>	<p>“Tips for Good Mental Health” a talk by Occupational Psychologist Paul Marsden.</p>	<p>➤ Thursday 24th October 11-12.30pm</p>

Granard Community Library	“ Healthy Options” with Nutritionist Laura Thompson	➤ Tuesday 29th October at 7.30pm.
Ballymahon Community Library	Tips for Minding Yourself” with Ballymahon Day Care Centre	➤ Wednesday 30th October 11-12.30pm
Drumlish Library	“Using Mindfulness to help cope with Stress, Anxiety and Depression with Paul Marsden	➤ Wednesday 30th October 2-4pm
Longford Branch Library	“ Understanding Stress and Building Resilience Pt 1 and 2 including Tips for Good Mental Health with Paul Marsden, Occupational Psychologist.	➤ 4th and 11th November from 7-8.30pm.
Longford Branch Library	“Childhood Worries and Anxieties”- a talk for Parents with Mary O’ Kane, Associate Lecturer in Psychology and Early Childhood Education.	➤ Thursday 21st November 7-8.30pm
Granard Community Library	Understanding Stress and Building Resilience Pt 1 & 2 with Paul Marsden	➤ Mon 25th Nov from 7-8.30pm ➤ Mon 2nd December from 7-8.30pm