## Healthy living for everyday life

Trusted information for better health

### At your local library

Every Tuesday morning from September to December 10:30 am – 12 pm

Join us for a series of health and wellbeing talks at your local library, delivered by trusted professionals.

You will learn how to make healthy lifestyle choices, that will benefit you and those around you in everyday life. To book and for more information



(053) 919 6760

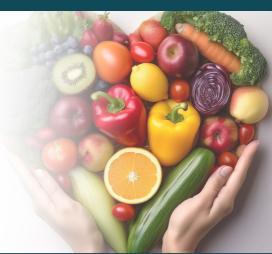


www.wexfordcoco.ie/ libraries/whats-on-inmy-library



We will explore the cycle of change together.























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#### Trusted information for better health

# **Bunclody library**

Every Tuesday morning 10:30 am – 12 pm

Reducing the health risk (Irish Heart Foundation)

14 October 2025 Movement matters

Practical tips for everyday exercise (Sports Active Wexford)

\*20 October 2025 Understanding smoking and vaping

Tools and supports to quit (HSE Health Promotion)

04 October 2025 Healthy eating

Eat well, live well (HSE Dietician)

11 November 2025 Cancer risk reduction

Reduce risk and spot signs (HSE Health Promotion)

18 November 2025 Five ways to wellbeing

Introduction to mental wellbeing (Mental Health Ireland)

(\* Monday 20th- change to session)

### Talks are free but booking is essential.

Please drop in, email bunclodylibrary@wexfordcoco.ie or give us a call on 053 937 5466 to book your place.















