

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-in-my-library



We will explore the cycle of change together.



Healthy living for everyday life

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Enniscorthy library

Every Tuesday morning

10:30 am – 12 pm

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| 14 October 2025 | Alcohol awareness
Reducing the health risk (Irish Heart Foundation) |
| 21 October 2025 | Movement matters
Practical tips for everyday exercise (Sports Active Wexford) |
| 04 November 2025 | Understanding smoking and vaping
Tools and supports to quit (HSE Health Promotion) |
| 11 November 2025 | Healthy eating
Eat well, live well (HSE Dietician) |
| 18 November 2025 | Cancer risk reduction
Reduce risk and spot signs (HSE Health Promotion) |
| *26 November 2025 | Five ways to wellbeing
Introduction to mental wellbeing (Mental Health Ireland) |
- (*Wednesday 26th- change to session)

Talks are free but booking is essential.

Please drop in,
email enniscorthylibrary@wexfordcoco.ie
or give us a call on 053 923 6055 to book your place.



Rialtas na hÉireann
Government of Ireland



Arna chomhchaitiú ag
an Aontas Eorpach
Co-Funded by the
European Union



Adult
Literacy
for Life