

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



Topics include

- Alcohol awareness
- Movement matters
- Understanding smoking and vaping
- Healthy eating
- Cancer risk reduction
- Five ways to wellbeing

