

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.



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Wexford library

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| 16 September 2025 | Alcohol awareness
Reducing the health risk (Irish Heart Foundation) |
| 23 September 2025 | Movement matters
Practical tips for everyday exercise (Sports Active Wexford) |
| 30 September 2025 | Understanding smoking and vaping
Tools and supports to quit (HSE Health Promotion) |
| 07 October 2025 | Healthy eating
Eat well, live well (HSE Dietician) |
| 14 October 2025 | Cancer risk reduction
Reduce risk and spot signs (HSE Health Promotion) |
| 21 October 2025 | Five ways to wellbeing
Introduction to mental wellbeing (Mental Health Ireland) |

Talks are free but booking is essential.

Please drop in,
email wexfordlibrary@wexfordcoco.ie
or give us a call on 053 919 6760 to book your place.

