## 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

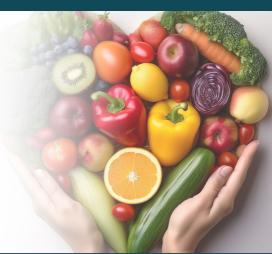


www.wexfordcoco.ie/ libraries/whats-on-inmy-library



We will explore the cycle of change together.























# Healthy living for everyday life

#### Trusted information for better health

## **Wexford library**

**Every Tuesday morning** 10:30 am - 12 pm

**Alcohol awareness** 16 September 2025

Reducing the health risk (Irish Heart Foundation)

**Movement matters** 23 September 2025

Practical tips for everyday exercise (Sports Active Wexford)

Understanding smoking and vaping 30 September 2025

Tools and supports to guit (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.

















