

## Courses and Classes — September–December 2018

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Class	Tutor	Day	Time	Duration (weeks)	Start Date	Fee
Post Natal Depression Programme (Minding Mammy)	Niki Cross	Monday	10.00am—12Noon	8	17th Sept	Funded
Pilates	Catherine Rough	Monday	11.30am—12.30am	8	17th Sept	Funded
Yoga	Aileen Mulheron	Monday	1.00pm—2.30pm	10	17th Sept	£35.00 Partly funded
NAMASTE	Maria Mc Gee Patricia Swann	Thursday	1.30pm—3.30pm	7	4th Oct	Funded
Coping with Depression and Anxiety	Anne Brown	Monday	7pm—9pm	6	24th Sept	Funded
Paediatric First Aid		Monday	7.00pm—10.00pm	10	15th Oct	TBC
Massage	Nolene Mc Auley	Monday	7.00pm—10.00pm	6	17th Sept	£25.00
Tonicity	Siobhan Heaney	Tuesday	10.00am—12Noon	8	25th Sept	Funded
Assertiveness: A guide to personal effectiveness	Nuala Doherty	Tuesday	10.00am—12noon	5	30th Oct	Funded
Baby Reflexology	Marie Hone	Tuesday	1pm—2pm	4	18th Sept	Funded
M.S Support Group	Tracy Harrison	2nd Tuesday of the month	6.30pm—8.30pm	Monthly	Contact centre for next date	N/A
Endometriosis Support Group	Tracy Harrison	Last Tuesday of the month	7pm—9pm	Monthly	Contact centre for next date	N/A
Ante-Natal	Dympna Rodgers	Tuesday	7.00pm—9.00pm	4	Contact centre for next date	Funded

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Mindfulness	Karen Baldwin	Wednesday	10.00am—12 Noon	8	19th Sept	Funded
Sleep Management	Emma Heaney	Wednesday	10.00am—12Noon	6	26th Sept	Funded
Young At Heart	Carmel Mulrine	Wednesday	1.30pm—3.30pm	6	19th Sept	Funded
Autism Awareness	Annette Boast	Monday	7pm—10pm	6	17th Sept 18	£25 + £19 exam fee
Cognitive Behavioural Therapy (CBT) for Stress, Anxiety and Depression	Niki Cross	Wednesday	7.00pm—9.00pm	8	19th Sept	Funded
Breast Feeding Support Group	Catherine Millar	Thursday	10.00am—12Noon	ongoing	ongoing	Funded
The Well Programme	Patricia Swann	Thursday	10am—1.00pm	10	4th Oct	Funded
Baby Massage	Sheila McNabb	Thursday	1.00pm—2.00pm	4	20th Sept	Funded
Actions for Happiness	Karen Baldwin	Thursday	10.00am 12.00pm	8	20th Sept	Funded
Self Esteem	Frances O Kane	Friday	10.30am—12.30pm	8	21st Sept	£2.50 weekly
Cycling Made Easy	Monica Downey	N/A	N/A	4	Contact the centre for next start date	Funded
Menopause Clinic	Audrey Parke	monthly	Morning By Appointment	N/A	monthly	Funded
Podiatry Foot care By Appointment Only	Nigel Nutt	Thursday	10.00am—12.30pm	N/A	Monthly	Funded

**FEE PAYING COURSE MUST BE PAID IN FULL ON ENROLMENT DAY**