

**ENROLMENT DAY – THURSDAY 10<sup>TH</sup> JANUARY 2019 – 9.30AM – 4.30PM**

Class	Tutor	Day	Time	Duration (weeks)	Start Date	Fee
Post Natal Depression Programme (Minding Mammy)	Niki Cross	Monday	10.00am—12Noon	8	21 <sup>st</sup> January	Funded
Pilates	Catherine Rough	Monday	11.30am—12.30am	8	21 <sup>st</sup> January	£20.00 Part funded
Yoga	Aileen Mulheron	Monday	1.00pm—2.30pm	10	21 <sup>st</sup> January	£35.00 Part funded
NAMASTE	Maria Mc Gee Patricia Swann	Tuesday	6.30pm – 8.30pm	7	5 <sup>th</sup> February	Funded
Coping with Depression and Anxiety	Anne Brown	Monday	7pm—9pm	6	21 <sup>st</sup> January	Funded
Reflexology	Nolene McAuley	Monday	7.00pm—10.00pm	6	21 <sup>st</sup> January	£25.00
Tonicity	Siobhan Heaney	Tuesday	10.00am—12Noon	8	5 <sup>th</sup> February	Funded
Assertiveness: A guide to personal effectiveness	Nuala Doherty	Tuesday	10.00am—12noon	6	15 <sup>th</sup> January	Funded
Stay & Play Programme	Rachel O Donnell Patricia Mc Adams	Tuesday	10am – 12Noon	4	8 <sup>th</sup> January another one March 2019	Funded
Baby Reflexology	Marie Hone	Monday	12 – 1pm	4	21 <sup>st</sup> January	Funded
Baby Massage	Marie Hone	Monday	1.15pm – 2.15pm	4	21 <sup>st</sup> January	Funded
M.S Support Group	Tracy Harrison	2nd Tuesday of the month	6.30pm—8.30pm	Monthly	Contact centre for next date	N/A

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<b>Endometriosis Support Group</b>	<b>Tracy Harrison</b>	<b>Last Tuesday of the month</b>	<b>7pm – 9pm</b>	<b>Monthly</b>	<b>Contact Centre for next date</b>	<b>N/A</b>
<b>Mindfulness</b>	<b>Karen Baldwin</b>	<b>Wednesday</b>	<b>10.00am— 12 Noon</b>	<b>8</b>	<b>5<sup>th</sup> February</b>	<b>Funded</b>
<b>Young At Heart</b>	<b>Carmel Mulrine</b>	<b>Wednesday</b>	<b>1.30pm— 3.30pm</b>	<b>8</b>	<b>9<sup>th</sup> January</b>	<b>Funded</b>
<b>Cognitive Behavioural Therapy (CBT) for Stress, Anxiety and Depression</b>	<b>Niki Cross</b>	<b>Wednesday</b>	<b>7.00pm— 9.00pm</b>	<b>8</b>	<b>23<sup>rd</sup> January</b>	<b>Funded</b>
<b>Breast Feeding Support Group</b>	<b>Catherine Millar</b>	<b>Thursday</b>	<b>10.00am— 12Noon</b>	<b>ongoing</b>	<b>Ongoing</b>	<b>Funded</b>
<b>Actions for Happiness</b>	<b>Karen Baldwin</b>	<b>Thursday</b>	<b>10.00am 12.00pm</b>	<b>8</b>	<b>6<sup>th</sup> February</b>	<b>Funded</b>
<b>Self Esteem</b>	<b>Frances O Kane</b>	<b>Friday</b>	<b>10.30am— 12.30pm</b>	<b>8</b>	<b>25<sup>th</sup> January</b>	<b>£2.50 weekly</b>
<b>Cycling Made Easy</b>	<b>Monica Downey</b>	<b>N/A</b>	<b>N/A</b>	<b>4</b>	<b>Contact the centre for next start date</b>	<b>Funded</b>
<b>Menopause Clinic</b>	<b>Audrey Parke</b>	<b>Monthly</b>	<b>Morning By Appointment</b>	<b>N/A</b>	<b>Monthly</b>	<b>Funded</b>
<b>Podiatry Foot Care By Appointment Only</b>	<b>Nigel Nutt</b>	<b>Monthly</b>	<b>10.00am— 12.30pm</b>	<b>N/A</b>	<b>Monthly</b>	<b>Funded</b>