

Enrolment Day Thursday 12th September 2019 from 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	23/09/19	Funded
Yoga for Pregnant Mums	Jai Hunter	Monday	10am – 11am	5	30/09/19	Free
Pilates	Catherine Rough	Monday	11.30am—12.30am	8	30/09/19	£20.00 Part Funded
Yoga	Aileen Mulheron	Monday	1.00pm—2.30pm	10	30/9/19	£35.00 Part funded
Coping with Depression & Anxiety	Anne Brown	Monday	7.00pm – 9.00pm	6	23/9/19	Funded
Introduction to Massage	Nolene McAuley	Monday	7.00pm—10.00pm	6	23/9/19	£25.00
Sing Tonicity	Siobhan Heaney	Tuesday	10.00am—12Noon	8	24/9/19	Funded
Baby Massage	Marie Hone	Monday	12noom – 1.00pm	4	16/9/19	Funded
Baby Reflexology	Marie Hone	Monday	1.15pm—2.15pm	4	16/9/19	Funded
Endometriosis Support Group	Tracy Harrison	Tuesday	7pm—9pm	Monthly	Contact centre on: 02871360777	N/A
NAMASTE Programme for Carers of people with Dementia	Maria Magee Patricia Swann	Tuesday	6.30pm – 8.30pm	6	24/9/19	Funded
THE WELL PROGRAMME	Patricia Swann	Tuesday	10am – 1.30pm	10	17/9/19	Funded
Confidence Building	Deirdre O Hara	Wednesday	7.00pm – 9.00pm	8	25/9/19	Funded

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Mindfulness	Karen Baldwin	Wednesday	10am – 12pm	8	25/9/19	Funded
Stress Management Programme, For Victim Survivors of Domestic Violence & Abuse through the use of Holistic Therapies	Nolene McAuley	Wednesday	10am – 12pm	6	25/9/19	Funded
Young At Heart	Carmel Mulrine	Wednesday	1.30pm— 3.30pm	8	18/9/19	Funded
Prepare to Care Carers Support Group	Geraldine Mc Laughlin Cathy O Donnell	Wednesday	7pm – 9pm	8	25/9/19	Funded
Cognitive Behavioural Therapy (CBT) for Stress, Anxiety and Depression	Niki Cross	Wednesday	7.00pm— 9.00pm	8	18/9/19	Funded
Breast Feeding Support Group		Thursday	10.00am— 12Noon	ongoing		Funded
Actions for Happiness	Karen Baldwin	Thursday	10.00am 12.00pm	8	26/9/19	Funded
Make and Take Essential Oils Course	Jai Hunter	Thursday	10am – 12Noon	4	19/9/19	Funded
Self Esteem	Frances O Kane	Friday	10.30am— 12.30pm	8	20/9/19	£2.50 weekly
Cycling Made Easy	Monica Downey	N/A	N/A	4	Contact the centre	Funded
Menopause Clinic	Audrey Parke	Monthly	By Appointment	N/A	Monthly	Funded
Podiatry Foot Care	Nigel Nutt	Monthly	10.00am— 12.30pm By Appointment	N/A	Monthly	Funded