

**CLONROCHE**

## **Lifestyle Challenge**

The LIFESTYLE CHALLENGE is for everyone in our community, for all ages, sizes and abilities and there is no cost involved. The emphasis is very light and informal, with fun at the heart of many of the sessions as well as a sense of community well-being.

The aim is to promote health awareness and to offer samples of a range of techniques designed for healthy living and well-being. Talks and demonstrations given by invited experts, will tackle the many aspects of health care and illness prevention.

Take the challenge and make a difference in 2011!

**CLONROCHE**

## **Lifestyle Challenge**

This project is supported by

**wexford**   
local development

**Forbairt Áitiúil Loch Garman**

As part of the Local & Community Development Programme in association with  
**Clonroche Development Association**

There is no charge for attending this programme but the Challenge requires participants to attend all sessions, where possible

For more information you can contact  
Wexford Local Development, Mill Park Road,  
Enniscorthy – 053 9155864

[www.wld.ie](http://www.wld.ie)

**CLONROCHE**

**wexford**   
local development  
Forbairt Áitiúil Loch Garman

# **Lifestyle Challenge**

## **11 EVENTS**

Promoting Health Awareness &  
Healthy Living for All

Every Wednesday Evening

**8pm – 9pm**

Starting 19<sup>th</sup> January  
Ending 30<sup>th</sup> March

**Clonroche Community Centre**



## 19<sup>th</sup> January

### Session One – Welcome & Health Check

The Challenge will begin with a word of welcome and a short introduction. The following health checks will then be available: blood pressure, weight, measurements and body mass index.

**\*Important Note:** Any result from blood pressure checks should only be regarded as an indicator. Any concerns arising from the checks should be followed up by a visit to your own GP

## 26th January

### Session Two – Making Changes

Facilitator **Siobhan Hayden** will be dealing with change in general including support around motivation to make change. Whether you would like to lose weight, give up smoking or take more exercise – it's all about getting set to make changes.

## 2nd February

### Session Three – Nutritional Therapy & Healthy Eating

**Betty Roberts** will introduce you to the benefits that can be got from Nutritional Therapy and the importance of what you eat in maintaining good health and energy and **Francis Furlong** will take you through eating healthily and enjoying your food.

## 9th February

### Session Four – Yoga

An introduction to the benefits of Yoga by **Noreen Dake**, with an introduction to some of the postures and relaxation techniques. Please wear comfortable and loose clothing.

## 16th February

### Session Five – Natural Food Remedies

A look into the world of Natural Remedy with **Matt Ronan**. The A-Z of natural remedies for things like burns, rashes, stings and skin care. This also includes a look at complimentary medicine and health food.

## 23rd February

### Session Six – Geopathic Stress

In this session **Jim Carthy** will explain Geopathic Stress – what it is, and how does it affect your health.

## 2nd March

### Session Seven – Heart Attack & Strokes

**David O'Grady**, who has many years experience with the Order of Malta, will discuss heart attacks and strokes, what to do in an emergency and how to contact the emergency services.

## 9th March

### Session Eight – Fun Dance Night

Put on your dancing shoes and sample this fun way to get fit. People with two left feet are also welcome!

## 16th March

### Session Nine – Alternative Therapies

East meets West as **Angela Devereux** introduces us to such Natural Therapies as Indian Head Massage, Reflexology and Hot Stone Massage

## 23rd March

### Session Ten – Heart Health

The real issues of the heart, risk factors of coronary heart disease and what we can do to look after our heart – delivered by the **Cardiac Unit of Wexford General Hospital**

## 30th March

### Session Eleven – Health Check & Awards

As in session one, the health checks will again be made available\*\* Certificates will then be presented to all those who have completed the Challenge over the 11 weeks and you will have the chance to congratulate yourself!

\*\* As before, any concerns arising from the tests should be followed up by a visit to your own doctor

*Programme may be subject to change*