



Croí House, Moyola Lane, Newcastle, Galway

Visit www.croi.ie for further information

A Public Health Initiative on Heart Disease & Stroke Prevention



'Open Week': 17th to 22nd September

**FREE ADMISSION
TO ALL ACTIVITIES**

**Advance booking
required for
Yoga & CPR classes**

**For bookings or further
information call
Paul on 091 893515**

**Monday
17th**

12.30-1.30pm

Lunch-time Talk
- Reducing Your Cholesterol Level

Claire Kerins, Croí Dietitian

3.30-5.00pm

**Introduction to CPR
& Lifesaving Skills**

Catherine Sheridan, Croí Instructor

6.00-7.30pm

Introduction to CPR & Lifesaving Skills

Catherine Sheridan, Croí Instructor

8.00pm

Public Talk

Is there Sex after Heart Disease?

Dr Molly Byrne, Lecturer &
Director, Msc. Health Psychology, NUI Galway

**Tuesday
18th**

12.00-1.00pm

Yoga for Stroke Recovery

Vicki Harkin, Yoga Shala

1.30-2.30pm

Lunch-time Talk
- Quit Smoking for Life

Anne Marie Walsh, Croí Cardiac Nurse Specialist

7.30-8.30pm

**Introduction
to Gentle Yoga**

Vicki Harkin
Yoga Shala

**Wednesday
19th**

10.00am-4.00pm

FREE Walk-in Health Checks
**- Blood Pressure, Pulse, Body Mass
Index, Waist Circumference**

Croí Health Team

11.00am-3.00pm

Hourly Talks

- The Benefits of Exercise (20 minutes)

Jane Windle, Croí Physiotherapist
Caroline Costello, Croí Physical Activity Specialist

12.30-1.30pm

Introduction to Gentle Yoga

Vicki Harkin, Yoga Shala

8.00pm

Public Talk

**From Mosney to the Olympics.
A Perspective on Fitness,
Health & Wellbeing**

Paul Hession, Olympic Athlete

**Thursday
20th**

9.00-10.30am

**Introduction to CPR
& Lifesaving Skills**

Catherine Sheridan, Croí Instructor

11.30am-1.00pm

**Introduction to CPR
& Lifesaving Skills**

Catherine Sheridan, Croí Instructor

2.00-7.00pm

FREE Walk-in Health Checks
**- Blood Pressure, Pulse, Body Mass
Index, Waist Circumference**

Croí Health Team

3.00-6.00pm

Hourly Talks

- The Benefits of Exercise (20 minutes)

Jane Windle, Croí Physiotherapist
Caroline Costello, Croí Physical Activity Specialist

8.00pm

Public Talk

Signs & Symptoms of Heart Attack & Stroke

Dr Jim Crowley,
Consultant Cardiologist & Medical Director, Croí.
Patricia Galvin,
Stroke Nurse Specialist, Galway University Hospital

**Friday
21st**

3.30-4.30pm

Yoga for Kids (Primary School Pupils)

Peter Nelson, Yoga Shala

**Saturday
22nd**

9.00am-1.00pm

Wise2Weight

A **FREE** ½ day course for parents & teachers on
preventing and managing obesity.
Delivered by a panel of experts.

Short Heart Healthy Walks

(20 minutes) from Croí Heart & Stroke Centre

Monday 1.15pm

Wednesday 10.30am & 1.15pm