

THE IRISH TIMES

Healthy Town



Please go to
www.irishtimes.com/healthytowns
for more information

Get Moving: 17th – 23rd September

- 17th – KRSP / HSE City Walks Series: Guided fitness walks with qualified walk leaders exploring routes in Kilkenny City. Monday evenings at 7pm at Canal Square for 8 weeks*
- 18th – Talk by Aidan Woods, Physiotherapist to Ireland's top athletes on exercising safely, at the Watershed
- 19th – The Irish Heart Foundation will give a talk on "Keeping Your Heart Healthy" at Langton's hotel at 7pm
- Watershed hosting free exercise classes
- 22nd – Mayor's Walk. For those who can't make the City Walk Series join the weekly walk led by the Mayor of Kilkenny every Saturday morning
- Meet & Train Group: For those who would like to start jogging/running with the support of a group and friendly leaders. Parents and buggies very welcome. Wednesdays at 10am and Fridays at 9.30am on the Watershed Track. First session free and €2.00 thereafter*
- Swim Coaching: For swimmers who would like to improve their techniques and train with a group under the guidance of a qualified instructor. €50 for ten sessions*

Healthy Eating: 24th – 30th September

- 24th – KRSP / HSE City Walks Series – 7pm Canal Square*
- 25th – Cookery demonstration by Garrett Byrne, Head Chef, Campagne Restaurant and John Hoyne, Fishman's Market at Langton's Hotel at 7pm
- 27th & 28th – Advice from nutritionists while you shop in SuperValu, Loughboy from 10am to 12pm and 5pm to 7pm both days
- 29th – The Mayor's Walk will join forces with the Irish Heart Foundation Big Heart Walk at 11am from the Parade
- Launch of Promoting Lifestyle Change Programme in Castlecomer Community School*

Healthy Ageing: 1st – 7th October

- 1st – KRSP / HSE City Walks Series – 7pm Canal Square*
- 2nd – Talk on "Planning for Healthy Ageing" by Dr Tadgh Crowley GP and Kilkenny Hurling team doctor at Langton's Hotel at 7pm
- 4th – Older Adults Fest: Free Taster activities from 10am-1pm in the Watershed including Bowling, Skittles, Pilates and Fit Walk among others*
- 5th – Older Adult Pool Activities: Free pool based activities from 2-3pm in Watershed such as introductory swim lessons, aqua aerobics and aqua jogging*
- 6th – Mayor's Walk at 11am from the Parade

Stress Management: 8th – 14th October

- 8th – KRSP / HSE City Walks Series – 7pm Canal Square*
- 9th – Talk by Dr Mark Harrold, Clinical Psychologist on "Breaking the stress habit" at Langton's Hotel at 7pm
- 10th – Irish Cancer Society talk on how to quit smoking at Langton's Hotel at 7pm
- 13th – Mayor's Walk at 11am from the Parade
- Taster sessions with local sports clubs. Try out some "Feel good physical activities" available on your doorstep eg; Judo, Archery, Fishing, Badminton, Cycling, Set Dancing, Hill Walking and Wheelchair Basketball, etc.*

Mental Well-being: 15th – 21st October

- 15th – KRSP / HSE City Walks Series – 7pm Canal Square*
- 16th – Talk by Dr Tony Bates, Headstrong – The National Centre for Youth Mental Health on "Believing that you're worth it" at Langton's Hotel at 7pm
- 20th – Mayor's Walk at 11am from the Parade
- Taster sessions with local sports clubs. Try out some "Feel good physical activities" available on your doorstep eg; Judo, Archery, Fishing, Badminton, Cycling, Set Dancing, Hill Walking and Wheelchair Basketball, etc.*

Healthy Eating: 22nd – 28th October

- 22nd – KRSP / HSE City Walks Series – 7pm Canal Square*
- 25th – 29th Savour Food Festival
- 27th – **safe food** will hold a "Taste Buds" workshop for primary school children with celebrity chef, Catherine Fulvio. "Taste Buds" is an interactive education resource which teaches children about food and healthy eating. During the workshop, children will challenge their taste buds with different foods from around the world, as well as taking part in a lively, hands-on recipe challenge! There will be six separate sessions kicking off at 10am and finishing at 5pm at the Food Market in the Castle Yard.
- 27th – Mayor's Walk at 11am from the Parade

Family Fun: 29th October – 4th November

- 29th – KRSP / HSE City Walks Series – 7pm Canal Square*
- 30th – Irish Cancer Society talk on cancer risk reduction at Langton's Hotel at 7pm
- 1st – Talk by Dr Sarah O'Doherty, Clinical Psychologist on "Preserving your own positive mental health as a parent" at 7pm, at River Court Hotel, John Street
- 3rd – Mayor's Walk at 11am from the Parade
- Let Dance: Leadership skills "Dance Workshop" for teenagers in Mooncoin. Tuesday, Wednesday and Thursday from 11am to 2pm*
- KRSP/HSE Outdoor Adventure Days for Teenagers: Kayaking, Tree Tops, Fishing*

Safety in your Home and Community: 5th – 11th November

- 5th – KRSP / HSE City Walks Series – 7pm Canal Square*
- Safety and first aid workshop with Gardaí and Order of Malta. Date and venue TBC – please check irishtimes.com/healthytowns for up to date details
- 10th – Mayor's Walk at 11am from the Parade
- REC Sports First Aid Training*

All events subject to change. Please visit www.irishtimes.com/healthytowns or call 01 669 0298 for up to date event information.

*All events marked with an asterisk are arranged by the Kilkenny Recreation and Sports Partnership. Phone 056 779 4990 or visit www.krsp.ie