

KILKENNY COUNTY COUNCIL LIBRARY SERVICE



Kilkenny County Council Library Service

Seirbhís Leabharlaine Chomhairle Contae Chill Chainnigh



Did you know, a healthy life can start at your local library?

Healthy Ireland at your Library

The Healthy Ireland at Your Library service is available in all local libraries across the country

Public libraries are continuing to deliver the nationwide Healthy Ireland at Your Library programme, this programme shows libraries as a valuable source within the community for health information.

We will continue to build on this and contribute to improving the health, wellbeing, and overall quality of life of communities and individuals at all life stages.

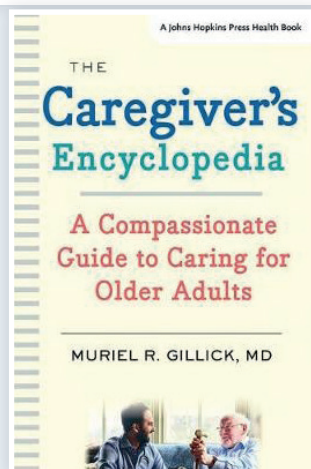
This Initiative has enhanced health and wellbeing book collections, both digital and hardcopy, events and promotion.

So what exactly is available?

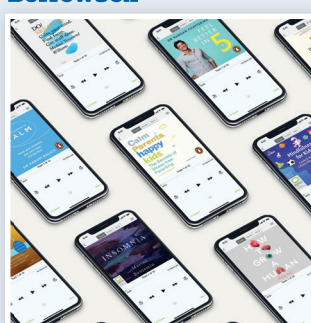
Healthy Ireland at Your Library offers the following resources and services to library users in every branch in the country.

Books

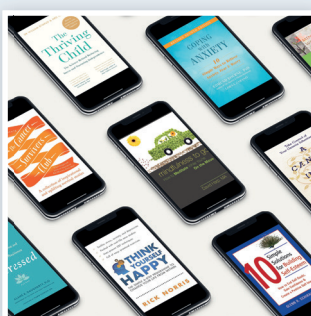
A comprehensive collection of books on health and wellbeing is available in all public libraries for adults and children, covering topics such as dementia, healthy eating, stop smoking, friendship and acceptance.



Healthy Ireland on Borrowbox



There is also a selection of Healthy Ireland eBook and eAudio books available on Borrowbox

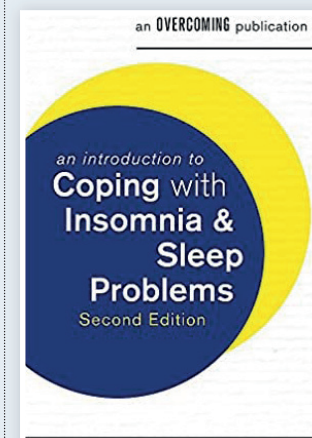


Healthy Ireland aims to create an Ireland where health and wellbeing is on everyone's agenda in a meaningful way, so let us help you

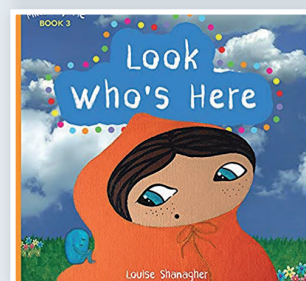
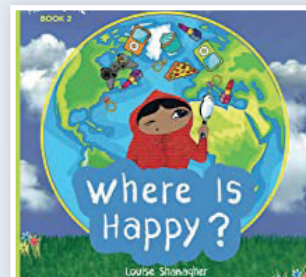
Keeping active is important for our physical and mental health, and eating well is as important.



Sleep Well, "Sleep is the best meditation" - Dalai Lama. A good night's sleep is worth so much to our overall health and well-being.

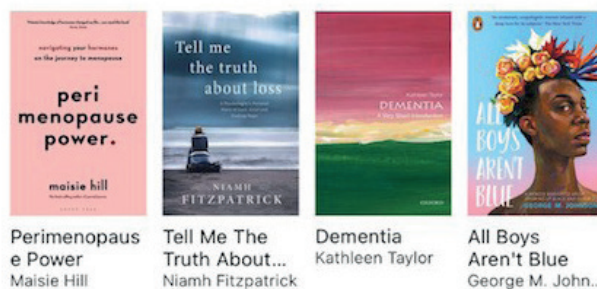


We will also have visits from the mobile health unit that provide heart health information and free blood pressure checks. Keep an eye on our website and social media platforms for our Healthy Ireland Programme for 2023 and make sure you're signed up to our library newsletter for all the latest news of library services and events and always contact your local library for more information.



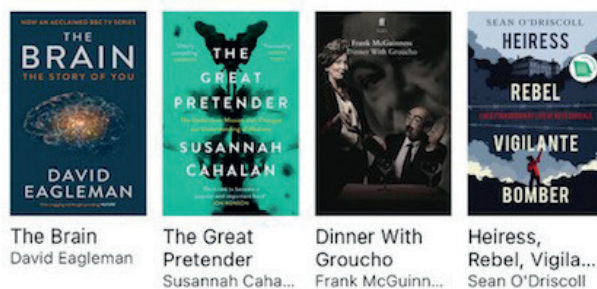
Healthy Ireland

364



Non-Fiction

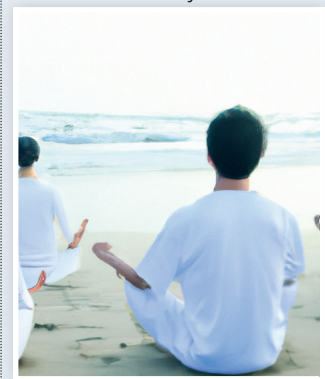
6919



get started with trusted reliable information on how to get active, eat well and mind your mood.

Universal Class courses

Don't forget our free courses on universal class, which include stress management, mindfulness and caring for seniors to mention a few. It is definitely worth a look!



Resetting our routine to a healthier lifestyle can be tricky, browse through our healthy cookbooks for inspiration and planning to keep on track.

THE Low FODMAP Diet COOKBOOK

150 SIMPLE AND DELICIOUS RECIPES to relieve symptoms of IBS, Crohn's disease, coeliac disease and other digestive disorders



DR SUE SHEPHERD

UPCOMING EVENTS

- FEB 3** LOUGHBOY: BABY & TODDLER BOOK CLUB EVERY FRIDAY FROM 10-10.30AM
- FEB 3** FERRYBANK: WORD GAMES AFTERNOON. EVERY FRIDAY 2.30-4PM.
- FEB 7** THOMASTOWN: JUNIOR BOOK CLUB FROM 4-4.45PM. READING "THE MIDNIGHT GANG" BY DAVID WALLIAMS
- FEB 7** GRAIGUENAMANAGH: FAMILY FUN BOARD GAMES & LEGO. EVERY TUESDAY 5-7PM.
- FEB 7** CASTLECOMER: CHILDREN'S STORYTIME & CRAFT SESSION EVERY TUESDAY 2PM
- FEB 8** LOUGHBOY: CIORCAL COMARÁ GAELIGE EVERY WEDNESDAY FROM 11AM-12PM.
- FEB 10** THOMASTOWN: FLOWER ARRANGING 10.30 - 12.30PM. 8 WEEKS BOOKING ESSENTIAL
- FEB 16** CITY LIBRARY: LEGO WORKSHOPS 11.30AM -12.30PM AND 1-2PM
- FEB 25** CITY: STORYTIME AND CRAFT SESSION 11.30AM
- FEB 28** GRAIGUENAMANAGH: 8 WEEK CROCHET COURSE 10.30-12.30PM. BOOKING ESSENTIAL

