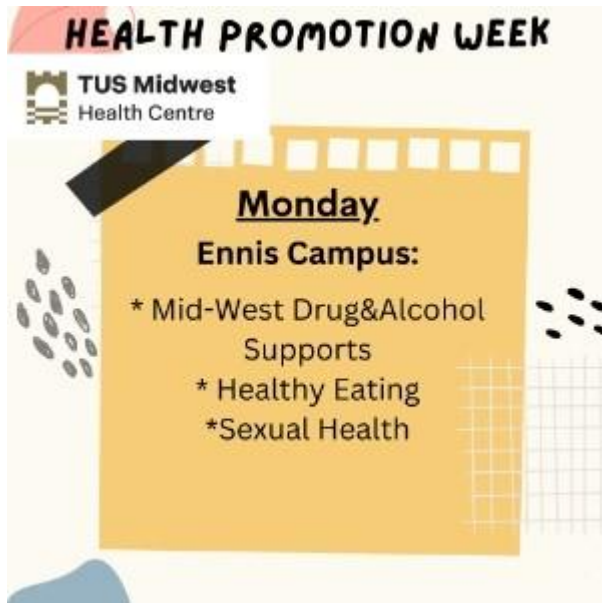


WEEK 6 - 7th - 11th November 2022 – **Health and Wellness Week.**

Monday 7th November - ENNIS Campus

11am - Health Unit Staff Information Stand - Ennis Campus Canteen

1pm - 3pm - Mid West Drug and Alcohol Forum - Ennis Campus Canteen



Tuesday 8th November - LSAD Campus - Clare St.

11am - Health Unit Staff Information Stand - LSAD Campus- Outside Canteen

12pm - 1pm - Breast Cancer Ireland - LSAD Campus - Outside Canteen



1pm - 3pm - Mid West Drug and Alcohol Forum - LSAD Campus - Outside Canteen

Wednesday 9th November - Moylish Campus

10am - Health Unit Staff Information Stand - Moylish Campus - On the street

10am - 1pm - Breast Cancer Ireland - Moylish Campus - On the street



HEALTH PROMOTION WEEK
WEDNESDAY 9TH NOVEMBER
Moylish: Street 10-1pm

Juliette O Connell
Breast Cancer Ireland

Juliette will be talking to us about breast cancer in Ireland and the advancements being made in research. She will share her own story as Juliette is a breast cancer survivor.

She will go through the signs and symptoms of breast cancer and how to perform a Self-Examination.

 **TUS Midwest**
Health Centre

1pm - 3pm - Mid West Drug and Alcohol Forum - Moylish Campus - On the street

1pm - 2pm - Ciara O Rourke Nutrition - Zoom [Click here to join](#)

"Hi everyone, my name is Ciara, I'm a Galway woman studying MSc Sports & Exercise Nutrition at ATU, with a Bsc of Strength & Conditioning at TUS, Thurles.

I love helping others understand the importance of nutrition & improve their eating habits that can overall enhance one's quality of life.

I'm thrilled to be involved with the Limerick Senior Camogie as Performance Nutritionist.

I also have an instagram page dedicated to fitness, food & fun
[@cor_e_performance](#).

Looking forward to seeing everyone online & have your questions at the ready "

10.30am - 12.00pm - Declan Nash Fitness - Moylish Campus - On the street

HEALTH PROMOTION WEEK
WEDNESDAY 9TH NOVEMBER
Street in Moylish 10.30-12pm

**DECLAN NASH
FITNESS**

Deskbound Defence:
The aim of Deskbound defence is to provide you with some simple but very effective ways of keeping both body and mind primed and pain free during sustained periods of seated study and screen time

**TUS Midwest
Health Centre**

Thursday 10th November - Thurles and Clonmel Campus

10am - Health Unit Staff Information Stand - Thurles Campus

12.30pm - Health Unit Staff Information Stand - Clonmel Campus

10.30 - 12.00 - Declan Nash Fitness - Thurles Conference Centre

HEALTH PROMOTION WEEK
THURSDAY 10TH NOVEMBER
Conference Centre Thurles Campus
10.30-12pm

**DECLAN NASH
FITNESS**

Deskbound Defence:
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**TUS Midwest
Health Centre**