

Mayo Healthy Living Month

MAY 2012

'Mayo Healthy Living Month' encourages you to take some **simple steps** to improve your health

Other activities are being organised as part of this month, for further updates please follow local media

Programme of Events

Join in one of the organised walks in your local community

FREE High Visibility Vests available to all participants from the Road Safety Authority.

Date	Name Of Walk	Distance	Time	Meeting Point
Wednesday 2 nd May	Tourmakeady National Loop Walk	5k	7.00pm	Tourmakeady Community Centre
Tuesday 8 th May	Lough Lannagh, Castlebar	3k	8.00pm	Aldi Bridge
Wednesday 9 th May	Tourmakeady National Loop Walk	5k	7.00pm	Tourmakeady Community Centre
Wednesday 9 th May	Westport Town Greenway Slí Na Sláinte	5k	7.30pm	Mill Street/High Street Car Park (located to the rear of Nevin's Funeral Home)
Sunday 13 th May	Moore Hall (Lough Carra)	3k	3.00pm	Car Park at Moore Hall
Tuesday 15 th May	Lough Lannagh, Castlebar	3k	8.00pm	Aldi Bridge
Sunday 20 th May	Moore Hall (Lough Carra)	3k	3.00pm	Car Park at Moore Hall

Learn the Skills of CPR

Downhill House Hotel, Ballina on Thursday 10th May from 6.00pm - 8.30pm. Cost: €10. Book your place by calling Alma O'Connell on 091 893506 or online at www.croi.ie/cpr-events

Healthy Eating Cookery Demo

Máire Dufficy, Bord Bia Food Adviser as seen on TV3 & Claire Kerins, Croí Cardiac Dietitian in the Welcome Inn Hotel, Castlebar on Wednesday 16th May at 7.30pm. Cost: €10. To guarantee your place buy your tickets in advance at the Welcome Inn Hotel, Aramark Hospital Shop in the Main Foyer, Mayo General Hospital or by calling Alma O'Connell on 091 893506 or online at www.croi.ie/cookingdemo

Heart Health Check-Up

Family Resource Centre, Ballyhaunis on Wednesday 23rd May from 9.30am - 4pm. This **FREE** check-up includes **cholesterol, blood sugar, blood pressure and BMI.** Available to everyone over 50 years who have not attended their GP in the last 2 years for a cholesterol check. Book your appointment by calling Tracy McDermot on 094 9630031 before 3pm on Thursday 17th May. Places will be offered on a first-come, first-served basis.

Public Meeting

FREE Public Talk entitled 'Heart Disease Explained: Prevention & Management' in the Broadhaven Bay Hotel, Belmullet on Monday 28th May at 8pm. Guest Speaker: Dr. Jim Crowley, Consultant Cardiologist, University Hospital, Galway.

School Essay Competition

Open to all Transition & 5th Year Students in Co. Mayo. Details are available on www.croi.ie/essay

FOR FURTHER DETAILS ON ANY OF THE EVENTS PLEASE CONTACT:

Ailish Houlihan, Croí Nurse Lead, 'Mayo Action on Heart Disease & Stroke' on 094 9049172 or email ailish@croi.ie

'Mayo Healthy Living Month' is a health promotion initiative by Croí, the Local Heart & Stroke Charity and Mayo PCCC, HSE West.