

The Healthy Mind

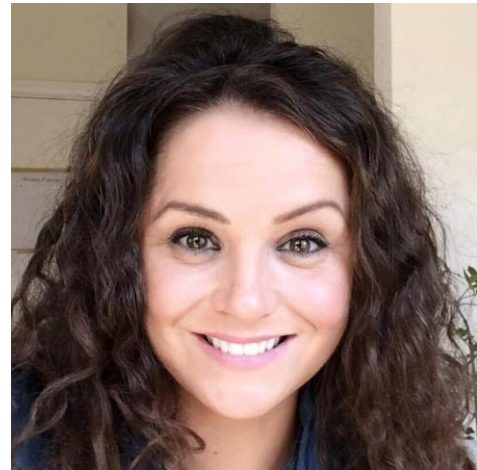
Talk by Mar Healy

Manage your inner world and your outer world will transform.

Learning to understand and manage our minds is one of the greatest gifts we can give ourselves, opening to the possibility of a life with more calm, coping skills, emotional stability and mental wellness.

In this 60 minute talk, you'll get valuable insights into the workings of your mind, the unhelpful mental habits that can keep you stuck in negativity, stress, overwhelm, and self-criticism, and valuable techniques for rewiring your brain for peace and presence.

Mar is a professionally trained coach, meditation teacher, certified MBSR facilitator, and current acting area development officer for Mental Health Ireland in Sligo/Leitrim. The talk will be a warm, engaging mix of science meets humour, offering attendees some real wisdom for inner transformation.



Date	Tuesday, 23 rd October
Time	7pm – 8pm
Venue	Clayton Hotel, Sligo

Date	Wednesday, 24 th October
Time	7pm – 8pm
Venue	Bush Hotel, Carrick-on-Shannon

If you are interested in attending either of these public talks, please send an email with your name to Thomas.mcbride@hse.ie

This is a free event sponsored by HSE