

# MOHILL COMMUNITY HEALTH



## INFORMATION DAY



**Mohill Family Support Centre**

**10am – 1.30pm**

**Thursday 15th November 2018**

**Free advice and Health Checks from Marie Keating Foundation & Irish Heart Foundation**

**9.30 : Registration, Tea & Coffee**

**10.00 : Introduction and welcome**

**10.15 : Budget 2018 -Citizens Information**

**11.00 : Local Link Rural Transport Service-Local Link**

**11.45 : Healthy Eating—Michelle Earley**

**12.30 : Talk from Helen O Driscoll, Cancer Screening Promotion Advisor from Irish Cancer Society on work of the Irish Cancer Society, and their goal to reduce the risk of cancer and how all individuals can adapt simple lifestyle changes, in their own lives, to dramatically reduce their risk of cancer. The talk will also include the benefits of all screening programmes available for free in Ireland.**

**Followed by Lunch at 1pm**

**This event is free and aims to promote community engagement**

**Organised by Leitrim Development Company in conjunction**

**with Mohill Family Support Centre.**

**All Welcome**

The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020



