

ACTIVITY	VENUE	TIME	AGE/PLACES
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MONDAY - MAY 14th

Meditation session	Our Lady Immaculate School	10-11am	Open /15 places
BMI Health Checks	Damdale Belcamp Village Centre (DBVC)	12-3pm	Open
Chalk Art	DBVC Square	3-4.30pm	Open
3D Pottery area map exhibition	Priorswood Youth Activity Centre	2 – 6pm (Monday – Friday)	Open
Art Exhibition "Mindful"	Coolock Library	Library Opening hours	Open
"Sport and Positive Mental Health" Dr. Niall Muldoon	Sphere 17 RYF	7pm	Open
Hands only CPR/Intro to using a Defibrillator	Damdale Community Training Centre	2-3pm	CTC/20 places
Near FM Topical Health Discussions	Near FM Studio	9-1pm (Monday – Friday)	Open

TUESDAY – MAY 15th

Health & Beauty Pampering	DB VC – Room 1	10-1pm	Open
Window Art Project	Sphere 17 Regional Youth facility (RYF)	3-4pm	10-14yrs/Open
Ripples in our living (Tai Chi)	New Life Centre	10.30-1.30pm	Open
Angel Readings	DBVC	2-4pm	Open
ASIST Training (NOSP)	Sphere 17 RYF	9-5pm	20 places
Stress Control with Barbara Egan	DBVC	12.30-1.30pm	Open
Health Checks, Smoking Cessation & Dental Hygienist	Northside Shopping Centre	2-5pm	Open
Alternative Therapies Taster Sessions & Information stands	Northside Civic Centre	10-1pm	Open
Friendship/Anti-bullying workshop	Priorswood Youth Activity Centre	2.30-4pm	10-14years/Open
Hands only CPR/Intro to using a Defibrillator	Sphere 17 RYF	7-8pm	20 places

WEDNESDAY – MAY 16th

Information Stands/ Alternative Therapies Tasters/ Irish Cancer Society Skin Scanner	Northside Civic Centre	10.30-1pm	Open
Mindfulness workshop	Priorswood Outreach Centre	10-12pm	Open/13places
Fitness Activity Trial places	Stardust Memorial Park	11.45-1pm	Colaiste Dhulaigh/40
ASIST Training (NOSP)	Sphere 17 RYF	9-5pm	20 places
XHALE Smoking Cessation Schools Roadshow	Local schools	10-4pm	Open
Near FM Outside Broadcast - promoting mental health	Northside Civic Centre	12-2pm	Open
Friendship/Anti-bullying workshop	Priorswood Youth Activity Centre	2.30-4pm	10-14years/Open
"Life after the Leaving"	Colaiste Dhulaigh	12-1pm	Leaving Cert Students
Health checks for Traveller men	Priorswood Outreach Centre	6pm	Open
Healthy Eating for young people	Bonnybrook Youth Centre	7-9pm	15+ years/ Open

THURSDAY – MAY 17th

Damdale's Got Talent	Damdale Parish Hall	1-3pm	Open
Doras Bui Pampering Session	Resource Centre	10-1pm	Open
Intro to Life Skills	New Life Centre	10.30-1pm	Open
Holistic Therapies	DBVC	2-4pm	Open
Fitness Bootcamp	Premier Fitness Gym Finglas	2-4pm (bus from Sphere 17 RYF)	Young People/20 places
Children's Fun Run	Priorswood Park	2.30pm	Open
5K Fun Run	Priorswood Park	6pm	Open
Health Checks, Smoking Cessation & Migraine Ireland	Donaghmede Shopping Centre	2-5pm	Open
Safe Talk Training(NOSP)+ talk from Suaimhneas Clubhouse	Priorswood Outreach Centre	6-9pm	Open/20 places

FRIDAY – MAY 18th

"Beat the Blues" workshop	DBVC	2-5pm	Open
Park Life Family Fun Day with Cadbury Spots V Strips	Stardust Memorial Park	2.30 – 5.30pm	Open

All activities are free and for more information please call Marion on 086-1735825, drop into any of the venues, or check out www.celebratelifeweek.ie.

