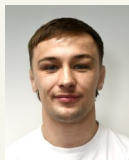




The Healthy Communities Team



**Catherine
Heaney**



**Lewis
Byrne**



**Charlene
Dolan**



**Roxana
Medina**



**Mary
Fitzpatrick**

Scan code to register for the
courses of your choice



Dublin City Community Co-op
Unit 1 Killarney Court
Buckingham Street,
Dublin 1
D01 6F7Y

Phone: 01 855 7015
Project Coordinator: 087 115 2153
E-mail:
catherine.heaney@dublincitycommunitycoop.ie



Rialtas na hÉireann
Government of Ireland



Rialtas Áitiúil Éireann
Local Government Ireland



Sláintecare.
Healthy
Communities



Healthy Communities Project

**Courses Starting
September 2026**

**Registrations now
open!**

- Come along to our Community Coffee Morning.
- We meet every Monday morning from 10am to 12pm
- No need to ring ahead or book a place! Just drop in and take a seat!!



All are welcome to drop in for a cuppa!



Contact: Catherine on 087 115 2153



Building Friendships,
learning new skills!

GENTLE ZUMBA

FOR EVERY BODY

Move. Have Fun. Feel Good.

Four week
introduction

Gentle, low-impact dance fitness
for adults of different abilities.

All Abilities.
All Welcome.
All Together.



GENTLE &
LOW IMPACT



FOR ALL AGES
& ABILITIES



FEEL GOOD
MUSIC



FUN, FRIENDLY
& SUPPORTIVE



MOVE AT YOUR
OWN PACE

When: Wednesday 9th September at 10.30am to 11am

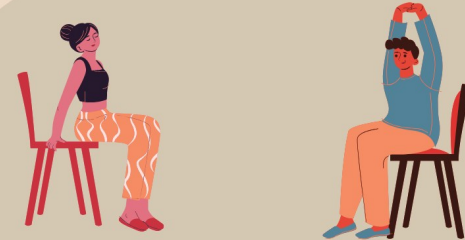
Where: Killarney Court Community Hall
Buckingham Street
Dublin 1

Contact: Catherine on 087 115 2153

CHAIR YOGA

Free six week course

For people living in the North East Inner City



- Improve your flexibility
- Increase your strength
- Help manage pain
- Improve your sleep
- Improve your mental wellbeing

For all levels of ability and mobility

When: Monday 7th September 10am to 11am

Where: Killarney Court Community Hall,
Buckingham Street,
Dublin 1

Contact: Catherine on 087 115 2153

A free six week course!

HEALTHY FOOD MADE EASY

Ingredients and
books provided
free!

Healthy Food Made Easy is a fun course where you
will learn to cook healthy meals on a budget



- Cook and taste healthy recipes
- Learn about healthy eating
- Get tips on food shopping
- Plan meals on a budget

When: 23rd September 10.30am to 1pm

Where: Ballybough Youth, Fitness and Community
Centre. Ballybough Road, Dublin 3

Contact: Catherine on 087 115 2153

Or scan the QR Code on the back of this booklet!



The Walkie Talks

3rd September 11am to 12pm



A four week programme to get some
gentle steps and meet new people

Join us for a stroll and a chat!

For more information and to book your
place call:

Charlene on 085 170 9195

Making Waves

**FREE
6 WEEK
SWIMMING
PROGRAMME**

**BUILD CONFIDENCE.
LEARN NEW SKILLS.
HAVE FUN.**



For people who
cannot swim



6 weeks of
step-by-step
support



For people who
haven't swam
in some years



For people with
some mobility
challenges



For people
40 years
and older



**Starting on the 21st and 22nd of
September**

**For more information call
Catherine on: 087 115 2153**



**PLUS SIX FREE EXTRA SWIMS
FOR THOSE WHO ATTEND FIVE
OF THE PROGRAMME SESSIONS!**

**MORE THAN SWIMMING –
IT'S COMMUNITY**



**PLACES ARE EXTREMELY LIMITED,
SO BOOKING YOUR PLACE IS ESSENTIAL!**

Do you want to quit smoking?

We Can QUIT

- Weekly support in the group
- One to one support from the facilitators
- Free stop smoking medications (NRT)

- ◆ Talk to others about your challenges
- ◆ Share different tips for quitting and staying quit
- ◆ Support and encourage each other on your quit journey



Make this stop your last stop

**Scan the
QR code to
register!**



When: Tuesdays (10 weeks) starting
15th September from 6.30pm to 8pm



Who: For more information or to register Contact
Catherine: 087 115 2153
catherine.heaney@dublincitycommunitycoop.ie

Healthy Communities

Social Prescribing Programme

What is Social Prescribing?

This is when your GP, Public Health Nurse, Physio or other Health Care Professional refers you to non-medical support in your community.



Get involved!

Social Prescribing supports people to access activities and groups in their community which may help support their physical and mental health and wellbeing. It helps individuals to meet new people and take part in new activities in their community.

For more information please contact

Mary Fitzpatrick on: 085 842 8342

Wellbeing and Stress Management

A free six-week course



Feel better, sleep
better, live better!



- UNDERSTAND WHAT STRESS IS.
- LEARN TAI CHI, BREATHING EXERCISES AND MORE!
- RELAXED AND FUN CLASSES.

Where: Killarney Court Community Hall
Buckingham Street, Dublin 1

When: Wednesday 7th October 10am –
12.00PM

Contact: Catherine on 087 115 2153