

"Keep Well, Keep Movin"

Health Festival

for older adults

November 15th 2023

**Admission
is
Free!**

Activities, Talks and Information Stands!

Guest speakers to include:

- Falls prevention
- Singing for the Brain
- Healthy Eating in Older Adulthood
- Brain Health
- Drum Fit
- Mindfulness

Health and community services
Information stands available to browse

Mallow GAA Hall, P51XV58

Wednesday 15th November

Time: 10.00am – 3.00pm

Refreshments and Sandwiches provided

You can register on 021 4928370
or email Nicola.Lucey2@hse.ie



This event is supported by Cork North Community Work Department

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Information stands available on the day include:

Mallow Community Health Project
Rural Community Health Projects
Library Service
Crime Prevention
Mallow fire and rescue service
HSE physiotherapy
LINC
HSE Community Health Networks
Avondhu Blackwater Partnership
HSE Community Dietician
HSE Primary Care Services
North Cork Dementia Alliance
Drug, Alcohol and Sexual Health
Cork North Community Work Department
Alzheimer Society of Ireland
Cork Sports Partnership
Singing for the Brain Ireland
Social Prescribing
Age Action
Cultural Companions
Health Promotion and Improvement
Plus many more!