



WELLNESS WEEK

MONDAY 27th JANUARY – FRIDAY 31st JANUARY 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
10am	Drugs and Alcohol Information – Togher Community Gardai			Mindful Meditation – Room 203	
11am		<ul style="list-style-type: none"> Blood Pressure/Temperature Health Check – Emergency Service Students Dance Workshop – Dance Studio 	Running Club – Meeting at the sports hall Brigid’s Cross Workshop – Outside Room 307		Tea and Talk – Rotunda Area
12pm – 1pm	<ul style="list-style-type: none"> Running Club – Meet at Sports Hall Soccer Tournament – Astro Pitch 	<ul style="list-style-type: none"> Fun Acting and Games – Room 120 Beginners Strength Session with Adam Doyle – Gym 	<ul style="list-style-type: none"> Brigid’s Cross Workshop - Outside Room 307 	<ul style="list-style-type: none"> Volleyball /Badminton – Sports Hall Yoga – Room 120 	Personal Training session with PT2 students- Gym

1pm-2pm	Soccer Tournament – Astro Pitch	<ul style="list-style-type: none"> • Nutrition Information – PT2 students • Circuits with LR students – Sports Hall • Seisiún with the Traditional Irish Music students 	<ul style="list-style-type: none"> • 1.30pm - 2.30pm Mindful art/drawing – Room 109 	<ul style="list-style-type: none"> • Nature Walk – Horticulture and Ecology course 	
2pm-3pm	Massage Clinic – Please contact lorraine.long@corketb.ie				
3pm-4pm	Massage Clinic – Room 301 Please contact lorraine.long@corketb.ie				
4pm-5pm	Yoga – Room 120				