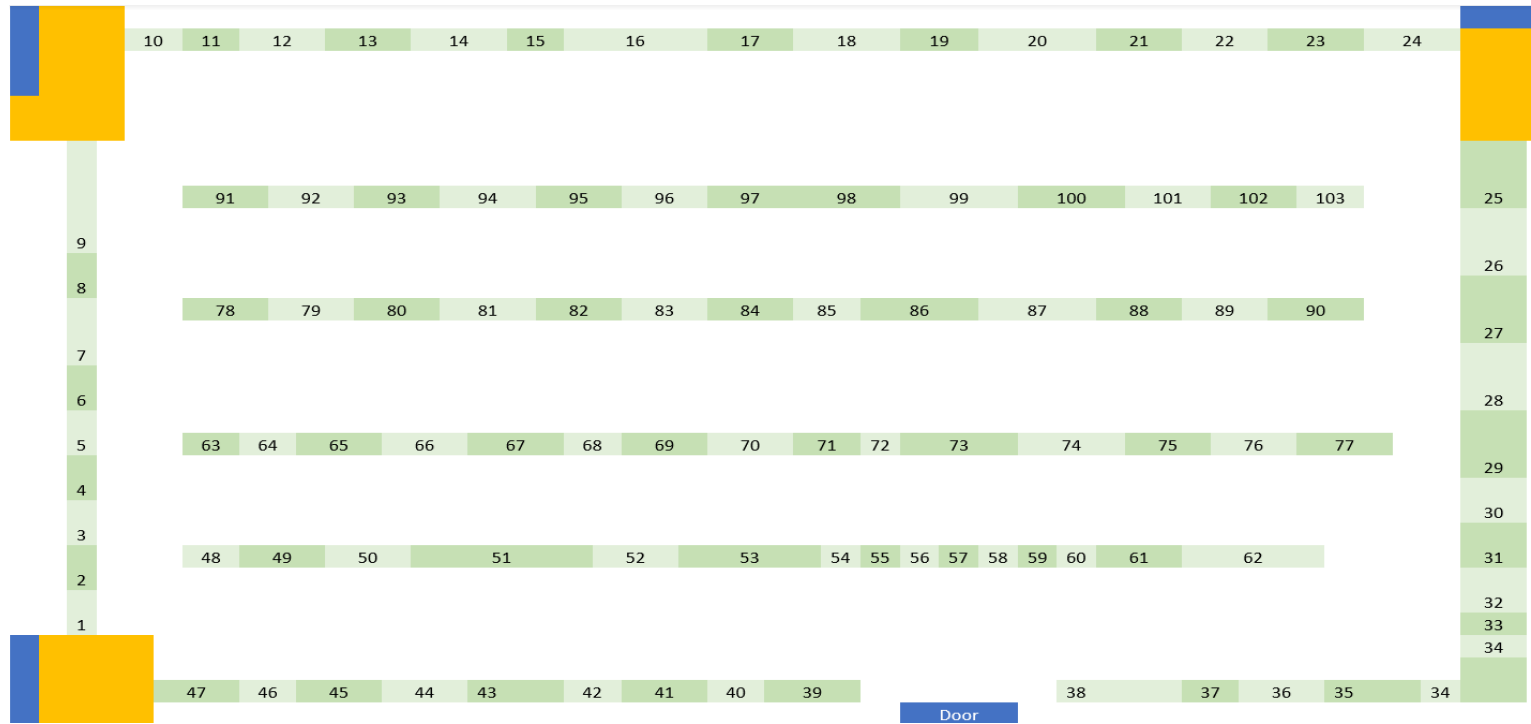


Live Well Exhibition Hall Guide



1	HSE Resource Office for Suicide Prevention	36	Laois Integration Network	72	Laois Therapy
2	Mental Health Ireland	37	Laois African Support Group	73	Laois Traveller Action Group
3	HSE Health promotion and Improvement	38	Laois and Offaly Education and Training Board	74	Laois Volunteers
4	HSE Quit Smoking	39	Laois Libraries	75	Lions Club
5	HSE Psychiatry of Later Life	40	Creative Laois	76	MABS
6	HSE Integrated Care	41	Avril Twiss Craniosacral Therapist	77	Midland Fostering team
7	HSE Social Work in Primary Care	42	Beeing Mindful	78	Midlands LGBTQ+
8	HSE Living Well & Community Officer	43	Cuisse Cancer Support	79	Midlands Parkinson Ass
9	Irish Wheelchair Association	44	Drink Aware	80	National Learning Network
10	Coeliac Society of Ireland	45	Engaging Dementia	81	Vision Ireland
11	EmployAbility Ireland	46	Creative Discovery Living	82	ORPEA Residences Ireland-Laois
12	AIB	47	Evgeny Chubatyy	83	The La Leche League- Laois
13	All Abilities Ireland	48	Eila Connect	84	Apple Blossom Holistic
14	Alone	49	Embrace Farm	85	Portlaoise Tidy Towns
15	Arthritis Ireland	50	Isaac Care	86	Portlaoise Womens Shed
16	Laois Sports Partnership	51	Jigsaw	87	Relay for life
17	Edufit	52	Mens Shed Portlaoise	88	Road Safety Authority
18	Barnardos Boarded Out Practical Supports Service	53	Dunamais Arts Centre and Theatre	89	Rorys Travel Club
19	Celebrant by your side	54	Laois Leisure	90	SEAI
20	Citizens Information Service	55	LCC Cemeteries	91	So Sad
21	Women's Shed Portlaoise	56	LCC Community Dept Grants & information	92	Supported Decision
22	Community First Responders	57	LCC Sports & Leisure Funding Opportunities	93	TASK Community Care
23	Pieta	58	LCC Housing	94	Treo Nua and FRC
24	Chime	59	LCC Climate Action	95	Tunstall Emergency Response
25	An Garda	60	Community & Voluntary Awards	96	Ucello Design
26	Civil Defence Laois	61	Laois Public Participation Network (PPN)	97	UPMC
27	Laois County Fire & Rescue Service	62	People First Credit Union	98	Vision Ireland
28	Water Safety	63	Park Run Vicarstown	99	Foroige
29	Local Link	64	SVT Community Sports Hub	100	Halo Care
30	Age Friendly Healthy Homes	65	Family Carers Ireland	101	Home Instead
31	Age Friendly Ireland Main Office	66	Laois Arch Club	102	Clann Housing
32	Laois Partnership	67	Laois Chamber Alliance	103	The Heath Womens Golf Club
33	L Stepp	68	The Good Gut Clinic	104	Google
34	Social Prescribing	69	Laois Domestic Abuse Service	105	Peddle Vintage
35	Failte Isteach	70	Laois ICA	106	HSE Health Checks
				107	Alzheimer Bus

Welcome to



Live Well



2024

Area 1- Live Well and Enjoy

- 1.00pm **Welcome & Opening** - Anna May McHugh
- 1.30pm *Holiday for your health*- **Rory**
- 1.50pm *Cooking for one*- **LOETB**
- 2.20pm *Let's keep our roads safe*-**Road Safety Authority.**
- 2.40 pm *Feed me Well*- **with Dr Ruth Kavanagh of Edufit**
- 3.00pm **BREAK**
- 3:25pm *Fall Prevention and Active Aging* – **Mairéad Power, Chartered Physiotherapist, UPMC**
- 3.40pm *Think about the drink*- **Martha Sweeney- Education Manager , Drinkaware**
- 4.05pm *Lets get Active* **with Moez**
- 4.25pm *Staying Safe Online*- **Fiona Casey of LOETB**
- 5.00 pm *Lets Dance!* **Music by Martin Delaney**
- 6.00pm **Close**

Area 2- Live Well and Learn

1.00 to 4.00pm **Live Well with our mobiles and technology.** **Google** and **LOETB** will help you make the most of your phone tablet or laptop.

Area 3- Live Well and check

Free **Health Screening** by the **HSE**

Area 4- Live Well and Listen

1.00 to 6.00pm **Main Exhibition Area** with over 100 Information Stands to help you with your health and wellbeing.

Area 5 – Live Well and exercise

1.00 to 6.00pm Pedal Vintage with Durrow Community **Bike Hire**

Area 6 – Live Well Alzheimer Bus