



HEALTH AND WELLBEING WEEK '23

Fri 13th Induction Soccer Tournament in UL 10 to 1

Mon 16th Healthy Fruit Stand in Front Hall
Smarter Travel Stand Front Hall
Fund Raising Walk for Milford Care Centre
Citizens Information Stand 10:30 to 1:30

Free Granola Pot or Smoothie available in the Canteen Mon – Wed 8:30 to 10:30

Tue 17th Consent Talk in Main Hall at 10
GOSHH Stand outside SU Office 10:30- 1:30
HSE Drug and Alcohol Stand 12:00 to 2:00
Movie Screening in Hall1 at 3.15pm

Wed 18th MyMind 12:15 to 1:00pm in Main Hall
HPV Vaccination Information Stand
Free Shampoo & Blow Dry in the Salon 9:15 to 2:15

Acoustic Sessions/DJ all week in the CY/LH

To make your appointment please call to the Salon at these times, as there is no walk-in service on the day.

Monday 9th Oct - 2pm-4pm

Tuesday 10th Oct - 9:30am-11am

Wednesday 11th Oct - 9:30am-11am

Thursday 12th October - 9:30-11am & 12:30pm-2pm

Have a Spin on the Bikes/Rowing Machines in the CY

