

Men's Health Week 2011

Celebrate!



Free Talks and Health checks!

Two day event at the Clarion Hotel, Sligo

Chaired by Dr. John Williams, Pathology Manager, SGH

Tuesday 14th June 2011

7.00 pm

Free lung function and CO testing
First come first served

7.30 pm

Up & Running: Physical activity for Men
Eimear Donlon, Lecturer, IT Sligo

8.00pm

Positive Mental Health For Men
*Mike Rainsford, Mental Health Promotion,
Suicide Resource Officer, HSE*

8.30pm

Breathlessness: Why, how and what to do?
*Dr Katherine Finan, Consultant Respiratory
Physician, SGH*

Wednesday 15th June 2011

7.00 pm

Free blood pressure & cholesterol check
First come first served. Limited availability

7.30 pm

Preventing Heart Disease
Dr Donal Murray, Consultant Cardiologist, SGH

8.00 pm

Aches and Pains in Joints
*Dr. Bryan Whelan, Consultant Rheumatologist,
Our Lady's Hospital, Manorhamilton & SGH*

8.30 pm

A Healthy Skin for Life
*Dr. Dermot McKenna, Consultant Dermatologist,
SGH*

All Welcome!



Research & Education Foundation
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