

World Stroke Day: Stroke Talks 2022

Monday 24 October:

- 9:00am – **Irish Heart Foundation's Stroke Support Services**
Irish Heart Foundation ([Life After Stroke Facebook Group](#))
- 11:00am – **Managing your Fatigue**
12:30pm Michelle Murray, Quest ([Zoom](#))

Tuesday 25 October:

- 11:00am – **At Home After Stroke – Routines, Sleep, Support**
12:30pm Ciara Breen, Galway University Hospitals ([Zoom](#))
- 2:00pm – **Mindfulness for Relaxation & Stress Management**
3:00pm Erica Balfour, the Mindfulness Centre ([Zoom](#))

Wednesday 26 October:

- 11:00am – **Preventing another Stroke**
12:30pm Melisa Gannon, Lauren McDunphy, the Mater Hospital ([Zoom](#))
- 2:00pm – **Stroke Survivor Stories**
3:30pm Gavin Rushfort, Yvonne Oldman and Fiona Bardon ([Zoom](#))

Thursday 27 October:

- 11:00am – **Healthy Eating**
12:30pm Orna O'Brien, Irish Heart Foundation ([Zoom](#))
- 2:00pm – **Medicines and Stroke**
3:30pm Fionnuala Trench ([Life After Stroke Facebook Group](#))

Friday 28 October:

- 10:30am – **Grants & Entitlements**
12:00 pm Orla Barry, Citizens Information Sligo ([Zoom](#))
- 9:00am **F.A.S.T**
Irish Heart Foundation ([Life After Stroke Facebook Group](#))