

## Patient Support Events Winter/ Spring 2025

<b>COURSE</b>	<b>START DATE</b>	<b>END DATE</b>	<b>DAY AND TIME</b>	<b>IRISH HEART FOUNDATION COORDINATOR</b>	<b>EXTERNAL FACILITATOR</b>
<b>VOCATIONAL RETURN TO WORK</b>	13th January	3rd March	Monday 11:30am-1pm	Niamh Carey/ Michelle Hegarty	Mary Collins, Padraig Dunne, Isobel Tynan
<b>YOGA</b>	14th January	18th February	Tuesday 2:30-3:15pm	Jean Maher/ Michelle Hegarty	Noeleen Shannon
<b>MINDFULNESS/ SELF-COMPASSION</b>	28th January	4th March	Tuesday 10:30am-12pm	Doireann Gough	Barry Lee
<b>APHASIA FRIENDLY CAFE</b>	20th February	27th March	Thursday 12-1pm	Orna Tully/ Doireann Gough	Internal course

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EVENT	LOCATION	DATE	TIME	IRISH HEART FOUNDATION COORDINATOR
<b>HEART SUPPORT TALK WITH CARDIOLOGIST PADDY BARRETT</b>	Online Talk	Thursday 30th January	6-7pm	Mary Cummins
<b>IRISH INHERITED CARDIAC CONDITIONS NETWORK (IICCN) CONFERENCE</b>	Hilton Hotel, Kilmainham, Dublin	Friday 21st March	8.30am-5pm	Tracy Egan