

Patient Support Events Spring/ Summer 2025

COURSE	START DATE	END DATE	DAY AND TIME	IRISH HEART FOUNDATION COORDINATOR	EXTERNAL FACILITATOR
HERO'S JOURNEY	25th March	13th May	Tuesday 9:30-11:30am	Aisling Conway	Internal course
MINDFULNESS	8th April	20th May	Tuesday 4:30-5:30pm	Vicky de Arce	Erica Balfour
VOCATIONAL RETURN TO WORK	28th April	26th May	Monday 11:30am-1pm	Michelle Hegarty	Mary Collins, Padraig Dunne
YOGA	29th April	3rd June	Tuesday 2:30-3:15pm	Katie Soden	Noeleen Shannon
LIVING WELL - HEART & STROKE MEMBERS	14th May	25th June	Wednesday 10:30-1pm	HSE Led	HSE Led
FATIGUE MANAGEMENT	21st May	25th June	Wednesday 11-12:30pm	Fiona Smith/ Doireann Gough	Internal course
APHASIA FRIENDLY CAFE	22nd May	10th July	Thursday 12-1pm	Orna Tully/ Doireann Gough	Internal course

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HEART FAILURE AWARENESS WEEK WEBINAR WITH DR SINEAD MULHERN	Online Talk	Thursday 8th May	12:30-1:30pm	Mary Cummins
HOW TO APPROACH NEUROLOGICAL HEALING FROM A WHOLE BRAIN LIVING PERSPECTIVE - WITH DR JILL BOLTE TAYLOR	Online Talk	Wednesday 4th June	5-6pm	Tracy Egan