

## Patient Support Short Courses Autumn 2025



| COURSE                           | START DATE                 | END DATE                   | DAY AND TIME                  | VENUE                                 | CONTACT                                                                        |
|----------------------------------|----------------------------|----------------------------|-------------------------------|---------------------------------------|--------------------------------------------------------------------------------|
| <b>ACTivate Your Life</b>        | 7 <sup>th</sup> August     | 28 <sup>th</sup> August    | Thursdays<br>11.30am - 1.30pm | Carrickphierish<br>Library, Waterford | <a href="mailto:heartservices@irishheart.ie">heartservices@irishheart.ie</a>   |
| <b>ACTivate Your Life</b>        | 1 <sup>st</sup> September  | 22 <sup>nd</sup> September | Mondays<br>2 - 4pm            | Tallaght Library                      | <a href="mailto:strokeservices@irishheart.ie">strokeservices@irishheart.ie</a> |
| <b>ACTivate Your Life</b>        | 3 <sup>rd</sup> September  | 24 <sup>th</sup> September | Wednesdays<br>12 - 2pm        | Grange Primary<br>Centre, Sligo       | <a href="mailto:strokeservices@irishheart.ie">strokeservices@irishheart.ie</a> |
| <b>Vocational Return To Work</b> | 8 <sup>th</sup> September  | 13 <sup>th</sup> October   | Mondays<br>11.30am - 1pm      | Online                                | <a href="mailto:lreddy@irishheart.ie">lreddy@irishheart.ie</a>                 |
| <b>ACTivate Your Life</b>        | 24 <sup>th</sup> September | 12 <sup>th</sup> November  | Wednesdays<br>11am - 12.30pm  | Online                                | <a href="mailto:heartservices@irishheart.ie">heartservices@irishheart.ie</a>   |

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| <b>Hero's Journey</b>                   | 30 <sup>th</sup> September | 25 <sup>th</sup> November | Tuesdays<br>time TBC          | Online                                       | <a href="mailto:lreddy@irishheart.ie">lreddy@irishheart.ie</a>                 |
| <b>ACTivate Your Life</b>               | 2 <sup>nd</sup> October    | 23 <sup>rd</sup> October  | Thursdays<br>11.30am - 1.30pm | Centre for<br>Independent<br>Living, Thurles | <a href="mailto:strokeservices@irishheart.ie">strokeservices@irishheart.ie</a> |
| <b>Mindfulness with Self-Compassion</b> | 7 <sup>th</sup> October    | 11 <sup>th</sup> November | Tuesdays<br>time TBC          | Online                                       | <a href="mailto:heartservices@irishheart.ie">heartservices@irishheart.ie</a>   |
| <b>Mindfulness</b>                      | 9 <sup>th</sup> October    | 20 <sup>th</sup> November | Tuesdays<br>time TBC          | Online                                       | <a href="mailto:heartservices@irishheart.ie">heartservices@irishheart.ie</a>   |

