

HEALTH AWARENESS MORNINGS

AT DLR LEXICON IN ASSOCIATION WITH ST. MICHAEL'S HOSPITAL DÚN LAOGHAIRE

WEDNESDAY 8TH MARCH

RISK FACTORS FOR HEART DISEASE with Ann Vaughan, Clinical Nurse Specialist. Short 10 minute talks followed by Q&A at 10.30am, 11.00am and 11.30am.
Location: Level 5, Room 4.

PELVIC FLOOR HEALTH with Lesley-Anne Ross, Chartered Physiotherapist. Talk at 12 noon.
Location: Level 5, Room 4.

DIABETES PREVENTION AND MANAGEMENT with Ann Fitzpatrick, Diabetes Specialist Nurse. Information stand and Q&A. 10.00am-12.30pm.
Location: Lexlcon Lab area, Level 3.

CARDIAC ARREST DEMONSTRATION with Q&A with Attracta Kennedy, Resuscitation Officer. 11.00am-12.00 noon. Location: Lexlcon Lab area, Level 3.

COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE) with Amy Mulkerns, Senior Respiratory Physiotherapist and Peter O'Toole, Respiratory Clinical Nurse Specialist. Information stand, questionnaire and Q&A. 10.00am-12.30pm. Location: Lexlcon Lab area, Level 3.

THURSDAY 9TH MARCH

PROSTATE AND BLADDER PROBLEMS with Mary Cooney, Clinical Nurse Specialist. Information stand and Q&A. 10.00am-12.30pm. Location: Lexlcon Lab area, Level 3.

STRESS MANAGEMENT, MINDFULNESS AND RELAXATION THERAPY with Fionnuala Sheehan, Occupational Therapist. 30 minute sessions at 10.30am, 11.15am and 12.00noon. Location: Level 5, Room 3.

HAEMOCHROMATOSIS: What is it, how to detect it and how to manage it with Margaret Dobbin, Haemochromatosis Nurse. 30 minute talk at 12.15pm.
Location: Level 5, Room 3 or Lab.

With other information stands also!
All talks and sessions free and open to all.

