



Nuachtlitr Sláintiúil Contae na Gaillimhe

Deireadh Fómhair 2025

FORUM CONNEMARA CLG | **hi Healthy Galway** | **FS** Feidhmeannacht na Seirbhíse Sláinte Health Service Executive | **SICAP** Social Inclusion & Community Activation Programme

Memory Café Roundstone

Informal get-togethers in a welcoming space for people living with memory loss and their carers.

Roundstone, Community Centre (Lower Hall)

- 11th September
- 9th October
- 13th November
- 11th December

12.00pm - 2:00 PM

To book your place, contact Kathleen: 087 241 4169

Celebrate World Mental Health Month with Thrive Connemara!

thrive Connemara Mental Health Ireland

FREE

Tuesday 14th October from 10.00am - 8.00pm

Deli @ Alcock & Brown Hotel, Clifden, H71 KN29

A range of workshops on offer for all adults over 18, explore the Five Ways to Wellbeing, get creative with art, immerse yourself in a relaxing sound bath, or feel the rhythm with drumming! Refreshments provided!

Scan the QR code to book your spot or email

Empowering Women's Health

A 5-week Women's Health and Wellness Programme

Perimenopause - Menopause Postmenopause

Streamed live to venues across County Galway

- Expert guest speakers
- Practical health & wellness tips
- A warm space to connect with women
- Enjoy a cup of tea and chat

Venues

- Comhar Caomhán, Inis Oírr
- Inishbofin Community Centre
- Comharchumann Árann, Inis Mór
- Comhlacht Forbartha, Inis Meáin
- Loughrea Resource Centre
- SCCUL Sanctuary, Clarinbridge;
- Forum Offices, Clifden;
- Community Center, Recess (FULLY BOOKED)
- Chlann Resource Centre, Oughterard
- Solas FRC, Headford
- Ard Ri House Hotel, Tuam
- Moycullen Community Centre
- Comhair Cuigeal Teo, Lettermullen
- Ballyglunin, Co. Galway
- Creagh Training Centre, Ballinasloe

Thursdays 6.45pm-8.30pm

25th September
2nd October
9th October
16th October
23rd October

Scan the QR to register or call your venue

Form also available by visiting www.linktr.ee/healthycountygalway

Comhairle, Nuacht agus Imeachtaí Sláinte & Folláine Saor in Aisce ar fud Chontae na Gaillimhe



Clár Sláinte na mBan

Thosaigh **Clár Sláinte na mBan Cumhachtaithe** go hoifigiúil ar an 25ú Meán Fómhair. Tá na seisiúin seo ar siúl gach Déardaoin ó 6:45pm go 8:30pm, faoi stiúir cainteoirí aoi saineolacha, agus tá siad á sruthú beo chuig ionaid ar fud Chontae na Gaillimhe.

Clúdaíonn siad réimse leathan ábhar a bhaineann le folláine na mban.

Tá spásanna fós ar fáil do na seachtainí atá fágtha sa chlár – Má tá suim agat freastal, cláraigh anseo:

👉 linktr.ee/healthycountygalway



hi healthy Ireland

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Form also available by visiting www.linktr.ee/healthycountygalway





hi healthy Ireland

Empowering Women's Health

Perimenopause - Menopause - Postmenopause

On Thursdays 6.45pm - 8.30pm

Programme Schedule and Speakers

25 September	 Geraldine Connolly Consultant OBGYN Women's Health	 Paula Herbert Yoga Instructor & Ayurvedic Practitioner
2 October	 Joan Dooley Community Herbalist Herbalism	 Ian Claxton Acupuncturist Acupuncture
9 October	 Ogechi Nsoedo Health Promotion Officer Cardiovascular & Bone Health	 Orlaith Kilgannon Physiotherapist Pelvic Health
16 October	 Ms. Lisa Corbett HSE Senior Community Nutritionist Nutritional Health	 Karen Concannon Sports Scientist Physical Exercise
23 October	 Leisha Vale Galway Recovery College Mental Health	 M. Ní Chonghaile Breathwork Facilitator Breathwork

You can register either by:

- scanning the QR code
- visiting www.linktr.ee/healthycountygalway
- emailing arankin@galwaycoco.ie




Dementia Cafe Initiative Connemara



FORUM CONNEMARA CLG

hi healthy Ireland | Healthy Galway | FSS Feidhmeannacht na Seirbhíse Sláinte Health Service Executive | SICAP Social Inclusion & Community Activation Programme

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Kiáilán na hÉireann Government of Ireland | European Union | pobal | LCDC

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills, and Training (EIST) Programme 2021-2027

Nuashonrú ar an gCaifé Cuimhne i Roundstone

Tá an Caifé Cuimhne i gConnemara ag leanúint ar aghaidh ag tairiscint spás teolaí agus neamhfhoirmiúil do dhaoine atá ag maireachtáil le réaltrú agus dá gcúramóirí chun teacht le chéile.

Tá na cruinnithe seo deartha le bheith suaimhneach agus fáiltiúil, ag cur deis ar fáil chun nascadh le daoine eile atá ag dul trí thaithí chomhchosúil.

Cibé an bhfuil tú díreach tar éis diagnóis a fháil, ag tacú le duine grá, nó díreach fiosrach, is áit í an Caifé Cuimhne chun scéalta a roinnt, comhrá a bheith agat, agus eolas úsáideach a fháil i dtimpeallacht thacúil.

Reáchtáiltear na seisiúin go míosúil, agus tá siad saor in aisce le freastal. Bíonn béilí éadroma ar fáil, atmaisféar suaimhneach, agus uaireanta cainteoirí aoi nó gníomhaíochtaí a oireann do riachtanais agus suimeanna na rannpháirtithe.

Tá an tionscnamh seo curtha ar fáil trí chomhoibriú luachmhar idir Forum Connemara, Contae Sláintiúil na Gaillimhe, Feidhmeannacht na Seirbhíse Sláinte (FSS), agus Kathleen Aspell, ár n-éascaitheoir díograiseach don chaifé.

Mná san Talmhaíocht: Imeacht Sláinte agus Folláine

Supporting Women's Health in Agriculture and Rural Communities




FREE EVENT

Wednesday 1st October

10.30am - 1:30pm

**Mountbellew Agricultural College, Co. Galway
H53 WE00**

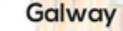
Join Us for a Free Community Health Event!

What's Included:

- ✓ Preventative Care Guidance
- ✓ Free Health Checks
- ✓ Expert Speakers

(Covering Health & Wellbeing Topics)






Tá áthas orainn a fhógairt go mbeidh muid ag comhoibriú le himeacht IFA i gcomhpháirt le Croí - Ionad Croí & Stróc agus Cumann Feirmeoirí na hÉireann (IFA) ar an 1ú Deireadh Fómhair, dírithe ar mhná a chumasú san fheirmeoireacht trí shláinte agus folláine.

Tá sonraí ar an bpóstaer atá ceangailte nó déan teagmháil linn ag:

arankin@galwaycoco.ie

Supporting Women's Health in Agriculture and Rural Communities

1st October 2025, Mountbellew Agricultural College

Schedule

10:30 AM – Welcome & Opening Remarks

Speaker: Eithne Curley: Brief introduction and overview of the event.

10:40 AM – Women in Agriculture & Health: Challenges and Insights

Speaker: Dr. Maura Farrell (FLIARA): Exploring unique challenges faced by women in agriculture & health.

10:50 AM – Cardiovascular Health for Women

Speaker: Representative from Croí: Women's health checks with a focus on cardiovascular wellbeing.

11:00 AM – Women's Leadership in Agriculture (Northern Ireland)

Speaker: Veronica Morris: Insights into leadership roles for women in the agri-sector.

11:10 AM – Breast Cancer & Women's Health

Speaker: Nurse from Irish Cancer Society: Comprehensive discussion on breast cancer

11:20 AM – Farm Safety Challenges

Speaker: Ciaran Roche: Addressing key safety concerns and risks on farms.

11:30 AM – Mental Health & Bereavement Support

Speaker: Embrace FARM Representative: Support services for mental health & bereavement

11:40 AM – Occupational Health in the Workplace

Speaker: Michelle Nolan (Health and Safety Authority): Factors affecting women's health in the workplace.

11:50 AM – Promoting Health & Wellbeing Among Farm Women

Speaker: John McNamara (Teagasc): Evidence-based research to support farm women's health.

12:00 PM – Break (15 minutes)

12:15 PM – Panel Discussion: Women's Health & Leadership in Agriculture

Moderator: Sarah McIntosh (Irish Farmers Journal)

Panelists: Dr. Maura Farrell (University of Galway); Mella Briscoe (Dairy Farmer); John McNamara (Teagasc), Veronica Morris, Eithne Curley

QUESTIONS AND ANSWERS (15 MINS) 12:45pm

Fir ar an gCorr Leitir Móir



Men On The Move SPÓRTLANN NAOMH ANNA

Leitir Móir



Wednesdays @ 8-9.30pm
Commencing September 24th

THE PROGRAMME WILL RUN FOR 8 CONSECUTIVE WEEKS ON A WEDNESDAY EVENING.

REFRESHMENTS WILL BE PROVIDED

TO REGISTER PLEASE CONTACT PETER LYDON ON
0852675863



Fir ar an gCorr - Leitir Móir - Ráth Mór!

Tá clár Fir ar an gCorr i Leitir Móir, a seoladh ar an 24ú Meán Fómhair ag Spóirtlann Naomh Anna, tar éis éirí go han-mhaith agus tá sé ina shampla láidir de chur chun cinn sláinte faoi stiúir an phobail.

Le cúpla seachtain anuas, tá fir áitiúla ag teacht le chéile gach tráthnóna Dé Céadaoin ó 7 go 8:30pm chun gníomhaíocht fhisiciúil a dhéanamh, nascadh go sóisialta, agus céimeanna dearfacha a ghlacadh i dtreo sláinte níos fearr.

Le sólaistí ar fáil agus atmaisféar fáiltiúil, tá freastal láidir agus díograiseach ar an gclár go dtí seo.





Sláinte Cothaitheach – Ithe Sláintiúil

Ag Ithe don Sláinte Chroí: An Aiste Bia Meánmhara

Is dócha go bhfuil tú cloiste faoin aiste bia Meánmhara: slí bheatha a chuireann béim ar thorthaí agus glasraí úra, gránaigh iomlána, pischineálaigh, cnónna, ola olóige, agus iasc, agus a choinníonn feoil dhearg agus milseáin siúcraacha ar an íosmhéid. Tá cáil air mar gheall ar a chumas tacú le sláinte an chroí.



Ach an bhfuil a fhios agat cad a dhéanann chomh héifeachtach sin é?

Cúis amháin a bhaineann le comhdhúil darb ainm trimethylamine N-oxide (TMAO). Cruthaítear an móilín seo nuair a bhriseann baictéir sa stéig síos cothaithe áirithe atá le fáil i bhfeoil dhearg agus uibheacha. Tá leibhéal arda de TMAO nasctha le riosca méadaithe galar croí. Go suimiúil, tá comhdhúile nádúrtha i mbianna cosúil le gairleog a chuireann cosc ar fhoirmiú TMAO. Is sampla amháin é seo den chaoi a bhféadfadh an méid a itimid tionchar a imirt ar ár mbitheolaíocht inmheánach.

Leideanna chun Tús a Chur

- **Méadaigh iontógáil torthaí & glasraí**

Déan iarracht 2-3 riar de thorthaí agus 4+ riar de ghlasraí a ithe gach lá.

- **Roghnaigh gránaigh iomlána**

Cuir arán/basta bán in áit roghanna gránaigh iomlána cosúil le bulgur nó eorna.

- **Úsáid sailte sláintiúla**

Cócaráil le hola olóige nó canóla in ionad ime.

- **Ith níos mó bia mara**

Bain taitneamh as iasc 2-3 huair sa tseachtain (m.sh. bradán, breac, ronnach).

- **Snacáil ar chnónna**

Ith 4 riar de chnónna amh, gan salann, gach seachtain.

- **Cuir déiríocht íseal-saill san áireamh**

Roghnaigh bainne scim, iógart íseal-saill, agus cáis teachín.

- **Laghdú ar fheoil dhearg/phróiseáilte**

Roghnaigh éanlaith thrua, iasc, nó próitéiní bunaithe ar phlandaí.

- **Cuir blas leis le luibheanna & spíosraí**

Laghdaigh salann trí luibheanna úra agus spíosraí a úsáid.



Sláinte Cothaitheach – Ithe Sláintiúil

Oideas Cothaitheach: Trosca BÁCÁILTE le Líomóid agus Ola Olóige



Comhábhair

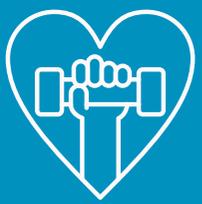
- 1 phráta mheánach le haghaidh bácála
- 1 fhilé mhór trosca úr
- 15ml sú líomóide
- 15ml ola olóige
- 5 ológa, gearrtha
- 1 clóibh gairleoge, craiceann bainte agus brúite
- 1 biorán tíme triomaithe
- 1 biorán paprika
- 1 cairéad mheánach, craiceann bainte agus gearrtha
- 85g brocailí, i bláthanna
- 70g pónairí glasa

Oideas

1. Déan poill sa phráta le forc. BÁCÁIL ar feadh 1½ uair an chloig go dtí go mbeidh sé bog istigh, NÓ sa mhicreathonn: déan poill agus cócaráil ar feadh 6-8 nóiméad, ag casadh leath bealaigh.
2. Cuir an fhilé trosca i mias bácála. Cuir sú líomóide agus ola olóige air, agus scaip na hológa, an gairleog, an tíme agus an paprika air.
3. BÁCÁIL ar feadh 15-20 nóiméad, go dtí go mbeidh an t-iasc trédhearcach agus go scafaíonn sé go héasca.
4. Idir an dá linn, gaile na cairéid, an brocailí, agus na pónairí glasa ar feadh thart ar 15 nóiméad, go dtí go mbeidh siad bog.
5. Freastal ar an trosca bácáilte le na glasraí gaile agus an práta bácáilte, ag scúnnadh na sú óna mhias os a chionn.

Buntáistí Cothaitheacha

- Béile atá cairdiúil don chroí, lán le próitéin thrua agus aigéid shailleacha omega-3, a thacaíonn le sláinte na hinchinne agus an chórais chárdaigh.
- Cuireann ola olóige saille sláintiúla agus frithocsaídeoirí leis.
- Cuireann líomóid blas leis gan salann breise a chur leis.
- Trí bhácáil in ionad friochadh, coinnítear na cothaithe agus laghdaítear na saille míshláintiúla – rud a fhágann go bhfuil an béile níos éadroime ach fós lán de bhlas úr agus blasta.



Gníomhaíocht Fhisiciúil

Are you struggling with **maintaining** physical activity?



Here are some simple **tips** to help you stay on track



Move Daily: Get at least 20 minutes of activity each day.



Strength Training:

Do muscle-strengthening exercises 2 days a week.



Mix It Up: Do different activities like walking, dancing, or cycling.



Break It Up: Short bursts of activity are effective - no need to do it all at once.



Intensity Matters:

Include some vigorous activity for better health.



Enjoy It: Choose activities you like to stay motivated.

Nuacht Chomhpháirtíocht Spóirt na Gaillimhe

Little Wanders Hike


Positive
Ageing
Week



Training

Autism
in Sport

**NATIONAL
RECOVERY
MONTH**
RECOVERY. HOPE. HEALING.

HM
HERMOVES

Cláir Dheireadh Fómhair:

Fir ar Fhónamh (Men on the Move)
Pádal Peekaboo

Cairde le Buggy (Buggy Buddies)
Gluaiseachtaí Sise (HER Moves)

Siúlóidí Seachtain na hAosachta Dearfaí (Positive
Ageing Week Walks)

Fánaíocht na bPáistí & Ceardaíocht (Little
Wanderers Hike & Craft)

Ón Tolg go 5k ar na hOileáin (Islands Couch to 5k)

Céim ar Chéim (OSAAT - One Step At A Time)

Tumthaí don tSláinte (Dips for Health)

Ceardlann Uathachais sa Spórt (Autism in Sport
Workshop)

Ceardlanna Forbartha Clubanna (Club
Development Workshops)



@galwayactive



www.galwayactive.ie



091-509 670



SPÓRT ÉIREANN
SPORT IRELAND



Thrive Connemara

Celebrate World Mental Health Month with Thrive Connemara!



Tuesday 14th October from
10.00am - 8.00pm

Deli @ Alcock & Brown
Hotel, Clifden, H71 KN29

FREE



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Scan the QR code to book your spot or email
thriveconnemara@mentalhealthireland.ie



Ceardlanna Cruthaitheacha Sláinte agus Folláine: Ceiliúr Mí Dhomhanda na Sláinte Meabhrach le Thrive Conamara

Bí páirteach le Thrive Conamara Dé Máirt, an 14 Deireadh Fómhair ó 10rn go 8in ag an Deli @ Óstán Alcock & Brown, An Clochán (H71 KN29) le haghaidh lá saor in aisce de cheardlanna folláine atá deartha do dhaoine fásta 18 mbliana d'aois agus níos sine.

Cuimsíonn an clár gníomhaíochtaí ealaíne cruthaitheacha, folcadh fuaime suaimhneach, seisiúin drumaí fuinniúla, agus iniúchadh ar na Cúig Bhealach chun Folláine.

Beidh sólaistí ar fáil i rith an lae. Tá áirithint riachtanach – scanáil an cód QR ar an bpóstaer nó seol ríomhphost chuig thriveconnemara@mentalhealthireland.ie chun tuilleadh eolais a fháil.



Sexual Health West



OCTOBER



**FREE RAPID HIV & SYPHILIS TESTING
CONFIDENTIAL AND QUICK, NO APPOINTMENT NEEDED!**

**07 OCTOBER, 17:00 - 19:00 PM
PORTERSHED A DÓ H91 TCX3**

**15 OCTOBER, 17:00 - 19:00 PM
TEACH SOLAIS H91 VF21**

**17 OCTOBER, 18:00 - 20:00 PM
RÓISÍN DUBH H91 N4AP**

**23 OCTOBER, 13:00 - 15:00 PM
UNIVERSITY OF GALWAY
THE SPACE AT ÁRAS NA MAC LEINN H91 RTR6**



**ORDER FREE CONDOMS
ONLINE AT
SEXUALHEALTHWEST.IE**



<http://sexualhealthwest.ie>
[@sexualhealthwest](https://www.instagram.com/sexualhealthwest)

091 566 266 (Mon - Fri Working Hours)



RELATIONSHIP & SEXUALITY EDUCATION

SUPPORTING PEOPLE LIVING WITH HIV

FREE RAPID HIV & SYPHILIS TESTING

EDUCATION SESSIONS FOR STAFF/ ORGANISATIONS

INFO STANDS & FREE CONDOMS & LUBE!

GALWAY SEXUAL HEALTH FORUM



<http://sexualhealthwest.ie>
[@sexualhealthwest](https://www.instagram.com/sexualhealthwest)

091 566 266 (Mon - Fri Working Hours)



Fógraí Eile

Is Mí Feasachta ar Ailse Chíche é Deireadh Fómhair

Tá ailse chíche ar cheann de na hailseanna is coitianta i measc na mban in Éirinn. Beidh 1 as gach 7 mbean ag fulaingt ó ailse chíche i rith a saoil.

Tá tosca riosca ann nach féidir linn a athrú, mar shampla stair teaghlaigh agus géinte, ach tá tosca riosca ann gur féidir linn a athrú, cosúil le tomhaltas alcóil, leibhéil gníomhaíochta coirp, agus beathú cíche.

Tá sé tábhachtach a bheith feasach faoi do chíoch. Déan seiceáil rialta ort féin. Bí ar an eolas faoi cad atá gnáth duitse agus cad iad na hathruithe ba chóir duit a thabhairt faoi deara. Féach amach do aon chnap nó at nua i do chíoch nó do do ascaill. Aon athrú ar chruth, méid nó mothú do chíche amháin nó an dá cheann. Aon athrú ar an gceann cosúil le crapadh nó cuasach. Aon dheargadh nó absas. Aon athrú ar an mbolgán, aon sceitheadh ón mbolgán nó rash nó eczema timpeall air.

Chun tuilleadh eolais a fháil faoi na tosca riosca, comharthaí agus siomtóim ailse chíche, agus BreastCheck – an clár scagthástála saor in aisce do mhná idir 50–69 bliain d’aois – cliceáil ar an nasc thíos chun an leabhrán a oscailt:

Cliceáil Anseo: [***Breast Cancer Awareness Flipbook***](#)

The image shows the cover of a breast cancer awareness flipbook. At the top left is the HSE logo. At the top right is a speaker icon. Below the HSE logo, there is a list of topics to be covered in the flipbook:

- Find out more in this breast cancer flipbook on:
- What increases your risk of breast cancer?
- What are the signs and symptoms of breast cancer?
- Breast cancer screening- BreastCheck

The title "Breast Cancer" is prominently displayed in the center. Below the title is a large QR code. At the bottom of the cover, there is a photograph of a group of women silhouetted against a sunset sky, with some women raising their arms in a celebratory gesture. At the very bottom, the NCCP logo and the text "National Cancer Control Programme" are visible.



Bithéagsúlacht - GRD



GLENAMADDY COMMUNITY GARDEN

HERBALIST TRAINING



4th Oct - Plant Identification

11th Oct - Natural Remedies

25th Oct - Winter Wellness

Ballyhard F45FK57

Contact Bernie 086 1685067 for more details



This project is co-funded by the Government of Ireland and the European Union.

Beidh oiliúint luibheolaí ar siúl i nGairdín Pobail Ghleann na Madadh ag tosú Dé Sathairn an 4 Deireadh Fómhair ar feadh 3 seachtaine.

Is oiliúint oscailte í seo, agus tá fáilte i gcónaí roimh bhaill nua. Mar sin féin, tá áirithint riachtanach - glaoigh ar Bernie ar 086-1685067 chun do áit a chur in áirithe.

Tá an oiliúint seo maoinithe ag Forbairt Tuaithe na Gaillimhe agus clár SICAP.



Imeachtaí Pobail Áitiúla



AUTUMN FUN RUN

Dé Sathairn 9.30am

18th October ~ Deireadh Fómhair

Seana Mhach 3k Bog Trail
Casla, Connemara



Comhairle Chontae na Gaillimh
Galway County Council

October Sunsets

RUN FOR FUN

Fridays 6.30pm

An Spidéal, Gaillimh



Comhairle Chontae na Gaillimh
Galway County Council

Contae Sláintiúil na Gaillimhe – Naisc Faisnéise

Fan i dTeagmháil le Contae Sláintiúil na Gaillimhe!

Tá áthas orainn a fhógairt go bhfuil ár Linktree nua seolta againn – do lárionad aon-stad do gach rud a bhaineann le Contae Sláintiúil na Gaillimhe!

Trí nasc amháin, is féidir leat anois:

- ✔ Cláraigh dár nuachtlitir mhíosúil chun fanacht ar an eolas faoi thionscnaimh sláinte, imeachtaí, agus acmhainní ar fud Chontae na Gaillimhe.
 - Rochtain ar ár rphost chun teagmháil dhíreach a dhéanamh.
 - Lean muid ar na meáin shóisialta – Instagram agus Facebook – chun nuashonruithe, leideanna, agus buaicphointí pobail a fheiceáil.
 - Lean an nasc: linktr.ee/healthycountygawlay
- Nó scanáil an cód QR thíos chun iniúchadh a dhéanamh agus ceangal láithreach!

Sign up to the Healthy County Galway monthly newsletter.

By submitting this form, you agree to receive the **Healthy County Galway** monthly newsletter by email. We will only use your personal data (name and email address) for the purpose of sending you this newsletter. You can unsubscribe at any time by contacting us at arankin@galwaycoco.ie, and we will remove your details from our mailing list and delete your information from our records. Your data will be stored securely and will not be shared with any third parties.

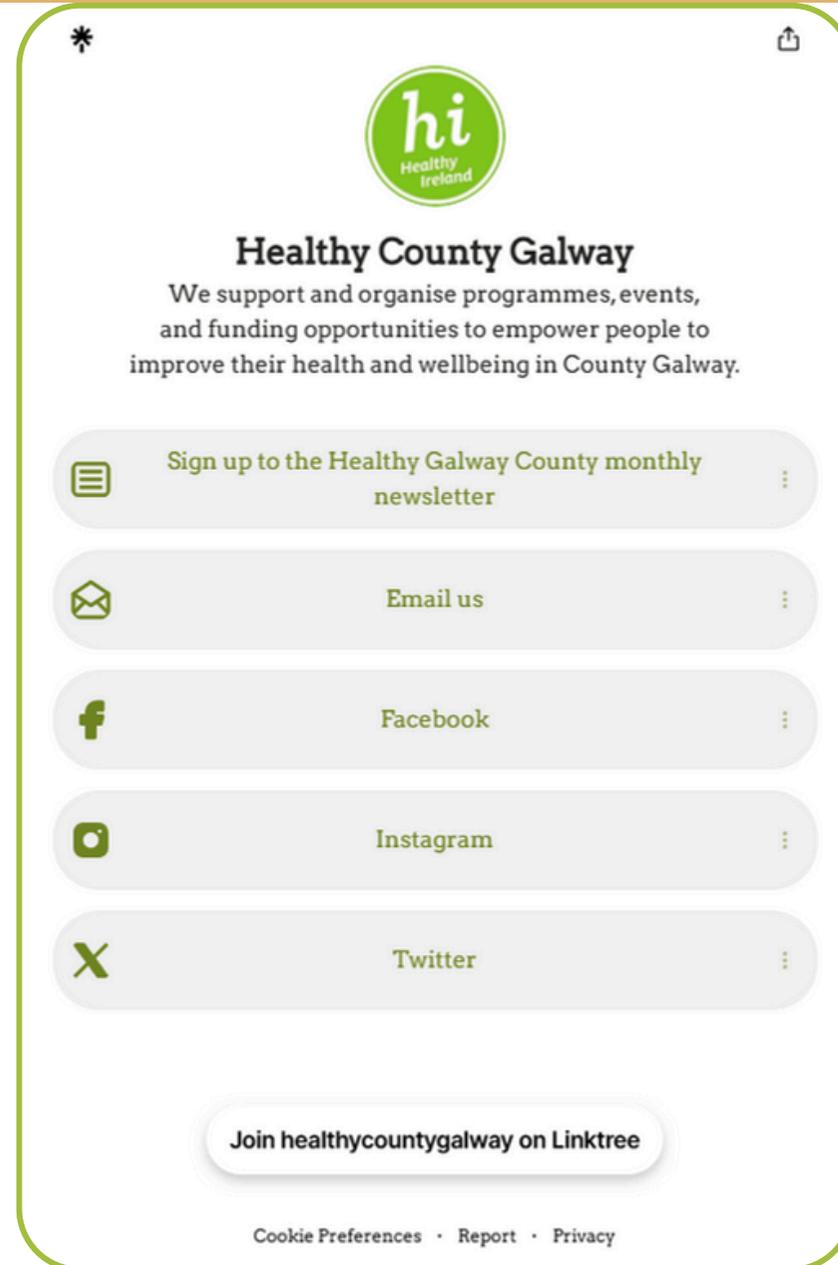
When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

* Required

1. Name or Organisation *

2. Email address to receive the newsletter *

Never give out your password. [Report abuse](#)



The screenshot shows the Linktree profile for Healthy County Galway. At the top is the 'hi Healthy Ireland' logo. Below it is the text: 'Healthy County Galway We support and organise programmes, events, and funding opportunities to empower people to improve their health and wellbeing in County Galway.' The profile features five main navigation buttons: 'Sign up to the Healthy Galway County monthly newsletter', 'Email us', 'Facebook', 'Instagram', and 'Twitter'. At the bottom, there is a button that says 'Join healthycountygawlay on Linktree' and a footer with links for 'Cookie Preferences', 'Report', and 'Privacy'.



Healthy Galway



Rialtas na hÉireann
Government of Ireland



Comhairle Chontae na Gaillimhe
Galway County Council

Ar mhaith leat alt a chur isteach do Nuachtlitir na míosa seo chugainn nó liostáil lenár liosta ríomhphoist?

Má oibríonn tú le gníomhaireacht, eagraíocht, grúpa pobail nó grúpa deonach, agus gur mhaith leat mír a chur isteach don chéad eagrán eile, seol do mhír le do thoil chuig Adele Rankin ag healthandwellbeing@galwaycoco.ie / arankin@galwaycoco.ie le:

Íomhá ardchaighdeáin nó póstaer i bhformáid íomhá (ní i bhformáid PDF) a chuimsíonn:

- Ainm an imeachta/gníomhaíochta/chláir
- Dáta, am agus suíomh (Eirchód, más infheidhme)
- Lucht spriocdhírithé - cé dó a bhfuil sé oiriúnach?
 - Costas (más ann)
- Téacs dátheangach más féidir, go háirithe má bhaineann sé le ceantair Ghaeltachta

Lean linn:

 arankin@galwaycoco.ie
@healthygalwaycounty
@HealthyGalwayCo

Go raibh maith agat!

Buíochas:
Morven Brooks
Graduate Placement, Rural,
Community Development & Integration