



Nuachtlitir Chontae na Gaillimhe Sláintiúil

Meán Fómhair 2025

✉ arankin@galwaycoco.ie

📷 @healthygalwaycounty

📘 @HealthyGalwayCo



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

Thursdays 6.45pm-8.30pm

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

Venues

- Comhar Caomhán, Inis Oírr
- Inishbofin Community Centre
- Comharchumann Árann, Inis Mór
- Comhlacht Forbartha, Inis Meáin
- Ballinasloe
- Loughrea Resource Centre
- Chlann Resource Centre, Oughterard
- Forum Connemara Offices, Clifden
- Recess Community Center, Recess
- Ard Ri House Hotel, Tuam
- Moycullen Community Centre

Scan the QR to register or call your venue
Form also available by visiting www.linktr.ee/healthycountygalway



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

Solas Family Resource Centre Headford invite you to our

Women's Health Day

Wednesday 10th September 2025
St. Fursey's Hall, Headford

10.00am - 2.00pm Admission Free





Rialtas na hÉireann
Government of Ireland



Dementia Cafe Initiative Connemara

FORUM
CONNEMARA CLG

hi Healthy Galway

HE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

SICAP
Social Inclusion & Community Activation Programme

MEMORY CAFÉ

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

*Wild Goat
Café*

**The Wild Goat Café,
Letterfrack**

7th July

- 6th August
- 1st September

11:30 AM – 1:00 PM

**To book your place,
contact Kathleen: 087 241 4169**

Kílian na Míreann
Government of Ireland

European Union
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

pobal LCDC
government supporting communities

Tá Café Cuimhne anois ar fáil i Leitir Fraic, Conamara, ag tairiscint spás teolaí agus neamhfhoirmiúil do dhaoine atá ag maireachtáil le néaltrú agus dá gcúramóirí chun teacht le chéile.

Cibé an bhfuil tú díreach tar éis diagnóis a fháil, ag tabhairt tacaíochta do dhuine grá, nó díreach fiosrach, is áit í Café Cuimhne chun scéalta a roinnt, comhrá a dhéanamh, agus eolas úsáideach a fháil i dtimpeallacht thacúil.

Reáchtáiltear na seisiúin go míosúil i gCafé an Ghabhair Fiáin, agus tá siad saor in aisce le freastal. Beidh fáilte roimh aghaidheanna cairdiúla, atmaisféar suaimhneach, agus uaireanta cainteoirí aoi nó gníomhaíochtaí a oireann do riachtanais agus suimeanna na rannpháirtithe. Tá an café oscailte do dhuine ar bith atá buailte ag néaltrú – daoine aonair, teaghlaigh, cairde, agus cúramóirí – agus tá sé mar aidhm aige an t-aonrú a laghdú agus tuiscint agus tacaíocht phobail a chur chun cinn.

Cuireadh an tionscnamh seo i gcrích a bhfuil le comhoibriú luachmhar ó Forum Connemara, Contae Sláintiúil na Gaillimhe, Feidhmeannacht na Seirbhíse Sláinte (FSS), agus Kathleen Aspell, ár n-éascaitheoir díograiseach don chaifé.

Clár Sláinte na mBan

hi Healthy Ireland

Empowering Women's Health

A 5-week Women's Health and Wellness Programme

Perimenopause - Menopause Postmenopause

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- Moycullen Community Centre

Scan the QR to register or call your venue

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



Tá an clár "Empowering Women's Health" ina thionscnamh sláinte agus folláine do mhná ar feadh 5 seachtaine, dírithe ar an Réamhnósmacht, an Míostróim, agus an Iarchríoch.

hi 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 Kilgallon Physiotherapist Pelvic Health
16 October	Ms. Lisa Corbett HSE Senior Community Nutritionist Nutritional Health	Karen Concannon Sports Scientist Physical Exercise
23 October	Leisha Vale Recovery College Mental Health	M. Ni Chonghaile Breathwork Facilitator Breathwork

You can register either by:

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

Beidh na seisiúin ar siúl gach Déardaoin ó 6.45pm go 8.30pm—ar an 25ú Meán Fómhair, an 2ú, 9ú, 16ú, agus 23ú Deireadh Fómhair—agus beidh siad sruthaithe beo chuig ionaid ar fud Chontae na Gaillimhe.

Beidh caintí ó aionna saineolacha, leideanna praiticiúla maidir le sláinte agus folláine, agus spás fáiltiúil te ann chun nascadh le mná eile thar chupán tae agus comhrá. Tá sonraí na n-ionad freastail le fáil ar an bpóstaer.

Chun clárú, scan an cód QR ar an bpóstaer, déan teagmháil le d'ionad áitiúil, nó tabhair cuairt ar www.linktr.ee/healthycountygaway.

Social Health

"Not Around Us" Feachtas

2025



Tacaíonn an Tionscnamh seo le Cruthú Timpeallachtaí Saor ó Thobac do Leanaí agus Daoine Óga, ag cabhrú le normalú an chaitheamh tobac a laghdú agus le glúnta amach anseo a chosaint ar a éifeachtaí dochracha.

Tá comharthaíocht saor in aisce ar fáil do eagraíochtaí neamhbhrabúis ar mian leo teachtaireacht "Ní Linn É" a thaispeáint ina spásanna lasmuigh.

Má tá spéis agat comharthaíocht a fháil do do sheirbhís?

Déan teagmháil le **Healthy County Galway** ag:

arankin@galwaycoco.ie

087 7777 790

Feachtas "Ní Linn É"

Tionscnamh sláinte phoiblí i gContae na Gaillimhe, Éire, atá dírithe ar thimpeallachtaí saor ó thobac a chruthú do leanaí agus do dhaoine óga.

Cuspóirí:

- Normalú an chaitheamh tobac a laghdú don chéad ghlúin eile trína infheictheacht a laghdú i spásanna poiblí.
- Leanaí agus daoine óga a chosaint ar nochtadh do dheatach lámh-dara.
- Tacaíocht a thabhairt do dhaoine atá ag iarraidh éirí as tobac trí thimpeallachtaí a chruthú a éascaíonn scor agus fanacht scortha.
- Damáiste don timpeallacht a laghdú de bharr táirgí tobac caite a bheith fágtha ar lár.

Is iarracht chomhoibríoch é an feachtas atá á stiúradh ag: Sláinteach Gaillimh Cathrach agus Contae, Coiste Seirbhísí do Leanaí agus Daoine Óga na Gaillimhe (CYPSC), agus á thacú ag comhpháirtithe cosúil leis an HSE, Comhairlí Cathrach agus Contae na Gaillimhe, Obair Óige na hÉireann Gaillimh, Croí, agus Leabharlanna Poiblí na Gaillimhe.

Ní iarrann an feachtas ar dhaoine éirí as tobac, ach spreagann sé iad chun a bheith aireach faoi cá háit a gcaitheann siad tobac.

Sláinte Cothaitheach – Ithe Sláintiúil

Guacamóil 10 nóiméad



Comhábhair:

Abacáid
Oinniún
earraigh
Trátaí silíní
Coriandair

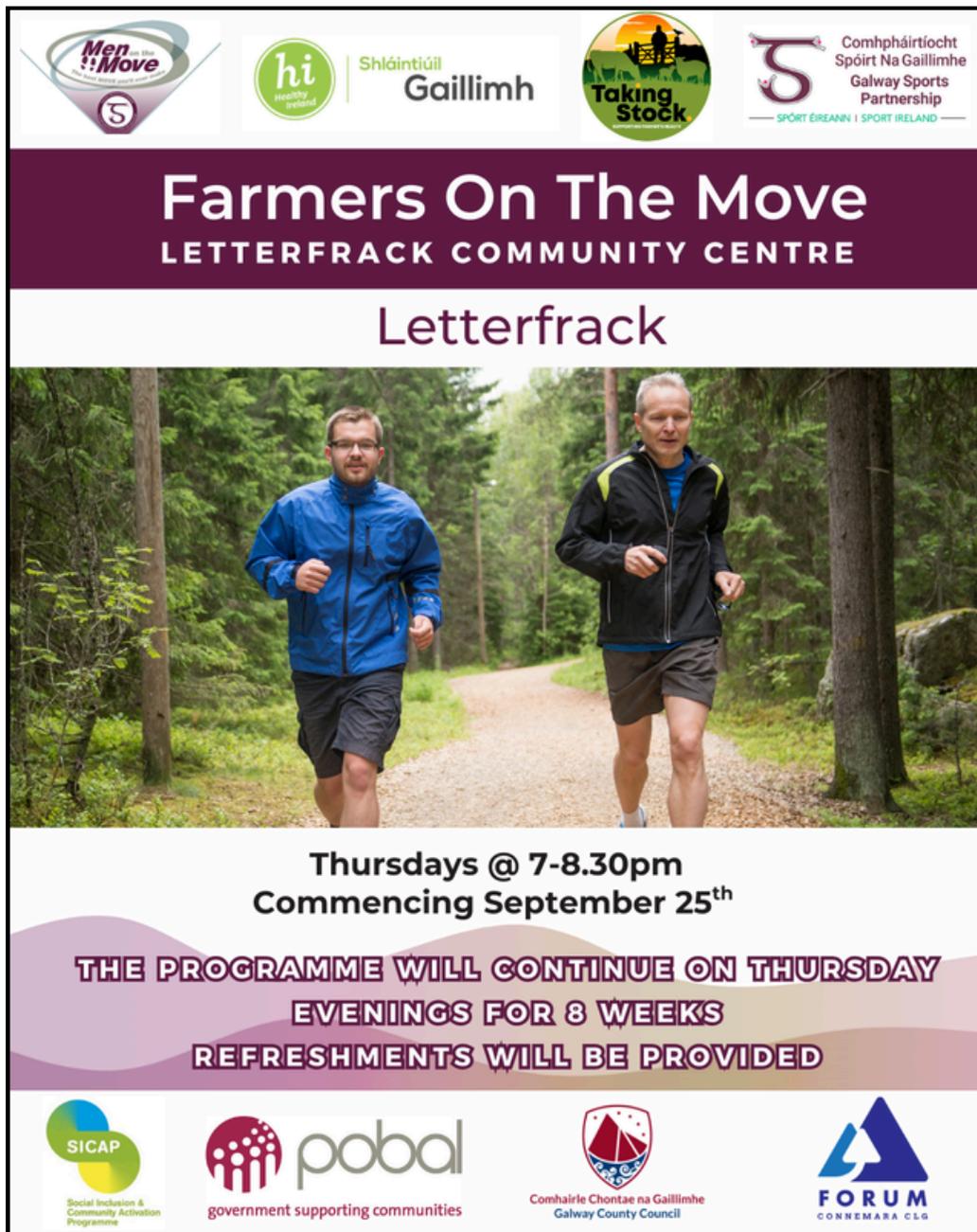
Treoracha

Measc gach rud i mbabhla le forc nó le coirceog.
Freastal le arán craicinn seagal nó crackers gráin iomláin.

Buntáistí Cothaitheacha

- Is é an t-abacáid, príomh-chomhábhar an guacamóil, saibhir i saille neamhsháithithe, a thacaíonn le sláinte an chroí agus a chuidíonn le leibhéal colaistéaróil olc a laghdú.
- Tá snáithín cothaitheach sa guacamóil a chuidíonn leis an díleá, a chabhraíonn le leibhéal siúcra fola a rialú, agus a choinníonn mothú Sáithithe níos faide – iontach chun ocras a chosc.
- Is foinse mhaith é de:
 - Vitimín K – tacaíonn le sláinte cnámh
 - Vitimín E – gníomhaíonn mar frithocsaídeoír
 - Vitimín C – neartaíonn an córas imdhíonachta
 - Potasiam – cabhraíonn le brú fola a rialú
- Cuireann comhábhair cosúil le sú líomóide glasa, trátaí, agus gairleog frithocsaídeoírí leis a chuidíonn le troid in aghaidh athlasadh agus le cosaint cealla ó dhamáiste.
- Buíochas dá shailte sláintiúla agus dá shnáithín, is féidir le guacamóil cabhrú leat mothú Sáithithe a fháil agus an seans a laghdú go n-íosfá níos mó ná mar is gá.
- Is féidir taitneamh a bhaint as guacamóil le slata glasraí, crackers gráin iomláin, nó fiú mar scaiptheán ar thósta.

Chláir Fir/Feirmeoirí ar Bóthar



Men On The Move
hi healthy Ireland
Shláintiúil Gaillimh
Taking Stock
Comhpháirtíocht Spóirt Na Gaillimhe Galway Sports Partnership
SPÓRT ÉIREANN | SPORT IRELAND

Farmers On The Move

LETTERFRACK COMMUNITY CENTRE

Letterfrack



Thursdays @ 7-8.30pm
Commencing September 25th

THE PROGRAMME WILL CONTINUE ON THURSDAY EVENINGS FOR 8 WEEKS
REFRESHMENTS WILL BE PROVIDED

SICAP Social Inclusion & Community Activation Programme
pobal government supporting communities
Comhairle Chontae na Gaillimhe Galway County Council
FORUM CONNEMARA CLG

- Tugann “Feirmeoirí ar Bóthar” i Leitir Fraic seisiún seachtainiúil gach Déardaoin tráthnóna chun tacú le folláine fhisiciúil agus mheabhrach na bhfeirmeoirí, ag tosú ar an 25 Meán Fómhair.
- Cuireann “Fir ar Bóthar” i Leitir Mór fáilte roimh fhir d’aois ar bith chun páirt a ghlacadh i ngrúpa gníomhach agus spráúil gach Céadaoin tráthnóna ón 24 Meán Fómhair, le sólaistí ar fáil.
- Is tionscnaimh phobail saor in aisce iad an dá chlár, á dtacú ag eagraíochtaí áitiúla chun sláinte, gluaiseacht agus ceangal sóisialta a chur chun cinn.



Men On The Move
hi healthy Ireland
Shláintiúil Gaillimh
Taking Stock
Comhpháirtíocht Spóirt Na Gaillimhe Galway Sports Partnership
SPÓRT ÉIREANN | SPORT IRELAND

Men On The Move

SPÓRTLANN NAOMH ANNA

Leitir Mór



Wednesdays @ 7-8.30pm
Commencing September 24th

THE PROGRAMME WILL CONTINUE ON WEDNESDAY EVENINGS FOR 8 WEEKS
REFRESHMENTS WILL BE PROVIDED

SICAP Social Inclusion & Community Activation Programme
pobal government supporting communities
Comhairle Chontae na Gaillimhe Galway County Council
FORUM CONNEMARA CLG

Fógraí Eile

Insight Program

An informational program for family members who would like to know a little bit more...

- ❑ Tuesday mornings 10-11 am, starting 16th September
- ❑ Running for 6 weeks 16th, 23rd & 30th Sept; 7th, 14th & 21st October
- ❑ **1 hour online** sessions
- ❑ You can attend which ones interest you
- ❑ Topics covered:
 - Understanding Addiction
 - Addiction and Mental Health
 - Family Dynamics
 - Boundaries and Safety
 - Communicate with confidence
 - Recovery for the family

Insight - Drug & Alcohol Family Support Programme

This is an evidence-based program which aims to

- 1) Provide family members with **facts** around addiction and substances, how substances effect the body, the cycle of addiction and how families can support their loved ones in making changes in regards to their drug use
- 2) Provide **strategies** to help family members talk about drug use, set boundaries, develop safety plans and work on self-care. We will also explore managing challenging behaviours and keeping family members safe and functioning during difficult times.
- 3) The program will provide family members with skills and knowledge to navigate the drug treatment system and obtain the best possible outcomes for loved ones. We will explore some of the barriers to seeking **help** and how to overcome these. All participants are given information about other supports that they can avail of.

Visit [Insight - Drug & Alcohol Family Support Programme](#) to register, or phone Maria 087 6955557 to discuss



Fógraí Eile

Cuireadh chuig Suirbhé

Tá taighdeoirí ó Choláiste na Tríonóide, Baile Átha Cliath ag déanamh suirbhé náisiúnta chun tuiscint níos fearr a fháil ar shaol leanaí le pairilis cheirbreach – a saintréithe, a rannpháirtíocht i ngníomhaíochtaí laethúla, agus a dtosaíochtaí pearsanta. Cé atá in ann páirt a ghlacadh?

Tuismitheoirí nó caomhnóirí leanaí le pairilis cheirbreach atá ina gcónaí i bPoblacht na hÉireann. Cén fáth páirt a ghlacadh?

Cuirfidh do léargais le tuiscint níos soiléire ar shaol le pairilis cheirbreach agus cabhróidh siad le taighde agus seirbhísí tacaíochta amach anseo. Tá an suirbhé gan ainm agus déantar é ar líne. Conas páirt a ghlacadh?

Cliceáil ar an nasc thíos chun an suirbhé a dhéanamh agus do thaithí a roinnt:



https://nursingandmidwifery.fra1.qualtrics.com/jfe/form/SV_ahgmcLT7aUoF890

Tuilleadh eolais:

Déan teagmháil le Aoife Ryan ag ryana75@tcd.ie
Tá do thacaíocht fíorluachmhar – roinn an suirbhé le do thoil chun níos mó teaghlach a bhaint amach!



Survey for Parents of Children with Cerebral Palsy

Researchers from Trinity College Dublin invite parents of children with CP to take part in an anonymous online survey

**To best meet the needs of children,
we want to hear about their lives
and what matters most to you and
them**



For questions, contact Aoife: ryana75@tcd.ie

Research Team
School of Medicine, Trinity College Dublin
Professor Denise McDonald Professor Eleanor Molloy
Dr. Michelle Spirtos Ms. Aoife Ryan

Fógraí Eile



Balancing Stress*

Practical skills to cope with stress



- 1 Understanding stress
- 2 Managing worry
- 3 Managing anxiety
- 4 Managing low mood and depression
- 5 Stress and relationships
- 6 Balancing stress now and into the future



A free HSE online stress management programme

What is it?

Balancing Stress is the HSE's free online programme to manage stress, worry, anxiety, low mood and relationship difficulties.

How do I take part?

www.hse.ie/balancingstress
No registration is required. There are six sessions you can watch anytime, at your own pace.

Presented by:

Dr Niamh Clarke
HSE Principal Psychologist



Join Us!

Volunteer for Thrive Connemara Today

Make a Difference



Find out more below



Help support your
community's mental health

Fógraí Eile

WRDATF TRAINING CALENDAR

SEPT TO DEC 2025

COURSES AVAILABLE

- ✓ Putting the Pieces Together
- ✓ DRIVE Brief Advisor Training
- ✓ Alcohol Related Brain Injury
- ✓ SAOR: Screening & Brief Intervention
- ✓ Understanding Cannabis, HHC & Edibles
- ✓ Introduction to Mental Health Interventions
- ✓ Naloxone Training

AND MORE.....

SIGN UP NOW

www.wrdatf.ie/training.php



Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with any long-term or chronic health condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

Upcoming Living Well Programmes

Venue	Day	Start date	Finish date	Time
Clifden, Co Galway (Forum Connemara)	Wednesdays	24 th Sept 2025	29 th Oct 2025	10.30 am – 1 pm
Online	Tuesdays	14 th Oct 2025	18 th Nov 2025	7 pm – 9.30 pm

*Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.

To book your place contact

Name: Fiona Cunnane

Phone: 087 7185615

Email: fcunnane@southmayo.com



Self-management Support



Sláintecare

Fógraí Eile

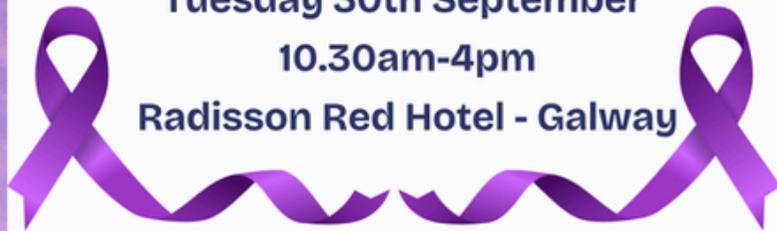
Tá ticéid teoranta - cuir in áirithe anois chun díomá a sheachaint!

CELEBRATING RECOVERY DAY

Tuesday 30th September

10.30am-4pm

Radisson Red Hotel - Galway



Mc: James Leonard

Talks from

- Hope Inspiring People in Recovery
- Dr. David Patton: Associate Professor of Criminology & Social Science: University of Derby
- Gary Rutherford: Founder of ARC Fitness: Derry ~ Londonderry



Contact: Mags Dillon

Regional Recovery Coordinator

0860129897 / mdillon@southmayo.com



THE GREY LAKE 10K

Sunday September 28th
2025



- RACE START TIME 1PM
- AAI APPROVED
- CHIP TIMING

HQ: TEMPERANCE HALL
LOUGHREA H62 XY20

Fógraí Eile

CREATIVE CONNECTIONS

A 6 WEEK GROUP FOR PEOPLE WITH COGNITIVE CHANGES
AND THEIR SUPPORTER/FAMILY MEMBER/FRIEND

Join us for a friendly and uplifting
6 week program where we will:

Explore Creativity
Boost Brain Health
Build Connections

Who is it for?

People experiencing cognitive changes and their supporter/family member/friend who want to share meaningful, creative moments together

Organised by:
Dementia Ireland

Supported by:
Healthy County Galway

Facilitated by:
Kate O'Sullivan



Fridays from 19/9/25 - 17/10/25
11:00 am - 1:00 pm (last session on
Saturday 25/10/25)



Derreighter Farm, Glengowla, Oughterard
H91W56A



Carmel 086 361 2907
dementiaireland1@gmail.com

*Limited spaces
No art
experience needed*

DRUMADORE



FREE HeartBeats Drumming Programme

Calling all family carers, former family carers
and shedders - Free Group Drumming
Programmes available.

To register contact Ruth:

085 7238887/drumadoreevents@gmail.com



Location: Clifden Sports Centre, Ardbear, H71 KV97

Dates: Every Thursday from 4 Sept - 23 Oct 2025

Times: Group 1: 7pm - 8pm, Group 2: 7.45pm - 8.45pm

Performance: 7.30pm - 8pm Fri 24 Oct, Clifden Station House Theatre

This programme is funded by Creative Ireland Galway County in partnership with Drumadore Drum School and the HSE West and North West.

Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



Comhairle Chontae na Gaillimhe
Galway County Council



Fógraí Eile

Who are we?

Embrace FARM provides practical and emotional support to those affected by sudden death and serious injury within farm families across Ireland.

Set up as a support network for farm families going through a difficult time after a sudden loss or injury, we offer counselling support for the farm family to help through the emotional turbulence that comes in the aftermath of these situations.

We can also provide a bridge between you and business mentors for more practical concerns such as inheritance, succession planning, and other agri-business issues.



Embrace FARM
Support After Injury & Loss

Emotional Support

1:1 counselling through accredited counsellors/psychotherapists

Practical Support

Connect with business mentors to help with succession planning, inheritance, and other business specific issues that may come up

Peer-to-peer Support

After the loss of a spouse/partner, child, or loved one, regular groups are held throughout the year:

- Support groups for widows and survivors
- Residential family weekends

Mission Statement

Our mission is to grow and sustain a support network for farm families affected by sudden loss and injury across Ireland. Lead by compassion and understanding to create a non-judgmental space for those who need it.

Remembrance Service

An annual ecumenical service is held in remembrance of those from farm families who have lost their life, and for the greater community to come together with those who survived and are bereaved.

During the service, a list of those who have lost their lives from farm families are read out to remember them and their impact on their family and the greater farming community.



If you would like someone from a farm family who has lost their life to be remembered at the service, please contact us by call/text: **057-8510555/085-7709966.**

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.

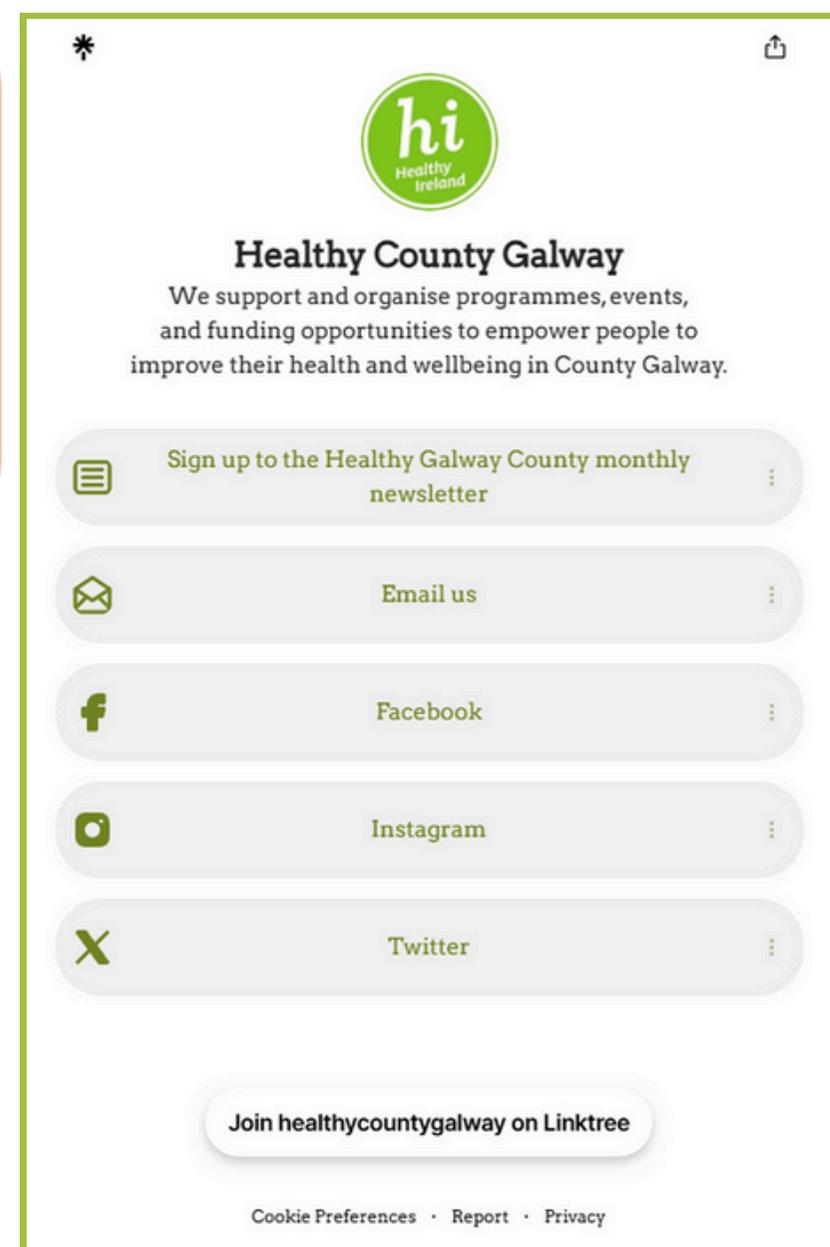
* Required

1. Name or Organisation *

2. Email address to receive the newsletter *

Submit

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 for '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 spriocdhírthe - 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](https://www.instagram.com/healthygalwaycounty)

 [@HealthyGalwayCo](https://www.facebook.com/HealthyGalwayCo)

Go raibh maith agat!

Buíochas:

Morven Brooks

Graduate Placement, Rural,
Community Development & Integration