

Jacqueline Sheehy
(Community Health Co-ordinator)
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The Clondalkin Community Health Initiative is a place where all members of the community are welcome. We offer support, advice and education around identifying or accessing services which can have a positive impact on not only yours but your family's physical, mental and emotional health with a client centred approach.

Shannon Galvin (Assistant Administrator)
Email: shannon.galvin@sdcpartnership.ie
Phone: 0876362267

Monday 17th January

Free Zoom Classes for 4 Weeks

Baby music:
10:00am - 10:30am

Toddler music:
10:45am - 11:15am



South Dublin
County Partnership
Páirtíocht Chontae
Atha Cliath Theas

Teilimannacht na Sárthúisce Síne
Health Service Executive

About

Clondalkin Community Health Initiative was set-up in March 2001. The project aims to increase awareness of health issues in Clondalkin, to deliver health programmes, to train local people as trainers and to develop a local health alliance to compliment the delivery of public health services in the area. The initiative sets out to address health inequalities and inequity of access to health services in Clondalkin, through the use of community development approaches and principles.

Online courses are FREE. For in person courses/workshops there is a small contribution but please don't hesitate to contact if there's an difficulties with this. Priority will be given to people from the immediate area. Places will be allocated first come first, first served basis. **Please ask for details at the Clondalkin Community Healthy Living Centre, 01-6055031 or Text: 0872131854 or 0876362267. Registration is essential to avoid disappointment.**



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Clondalkin Community Healthy
Living Centre Newsletter: 2021
Programmes & Workshops on offer in 2022

January 2022

March 2022

Registration Morning
11pm-1pm
Date: Wednesday 19th
January

**Rowagh Community Centre,
Clondalkin, Dublin 22**



Follow our Facebook Page for updates:
The Clondalkin Community Healthy Living Centre



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Monday 14th February

Baby music:

10:00am - 11:00am

Toddler music:

11:15am - 12:15am

In Person classes: €10 for 6 weeks

Monday 24th January

Healthy Food Made

Easy 6 Week Course in

North Clondalkin

Library

@ 10am - 12:30 pm

Tuesday 25th January

Learn To Dance

in Rowlagh Community Centre

@ 10am - 11:30am

Cost: €2 per class

Dance Fitness

Via Zoom @ 7:30pm-8:30pm

Cost: €2 per class



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Wednesday 26th January

Yoga

in Rowlagh Community Centre

@ 11am-12pm

Cost: €10



Thursday 27th January

Dance Fitness

in Rowlagh Community Centre

@ 7:30pm-8:30pm

Cost: €2 per class



Yoga

in Rowlagh Community Centre

@ 7:45pm-8:45pm for 4 weeks

Cost: €10

Thursday 3rd February

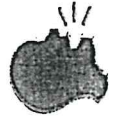
Empowerment to Change

(Men only) in Rowlagh

Community Centre

@ 10am-12pm for 6 weeks

Cost: 10



Teilimannacht na Sábhaire Sibhine
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Friday 4th February

Empowerment to Change

(Women only) in Rowlagh

Community Centre

@ 10am-12pm for 6 weeks

Cost: €10

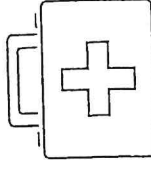
Monday 7th February

Paediatric First Aid

in Rowlagh Community Centre

@ 9:15am - 1:00pm

Cost: €10



End of February

We Can Quit

in Rowlagh Community Centre

Cost: FREE

Coming Soon

Baby Massage Instructor Training

Course



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