

Bealtaine Festival

An Age & Opportunity arts initiative

May 2024

Bailieborough Library

Ph: 0429665779

Event: A Vision of Health & Happiness 3-week course

Venue: Bailieborough Library

Date: 09.05.2024, 16.05.2024, 23.05.2024

Time: 11:30 am

Details:

Week 1. A creative expression using Positive Affirmations to enhance your health & wellbeing.

Week 2. Design your own Positive Affirmation Cards to enhance your health & wellbeing.

Week 3. Create a Vision Board as a tool to help keep you focused on your health & happiness.

Booking Essential: Ring Bailieborough Library at 0429665779

Event: Holistic Harmonies

Venue: Bailieborough Library

Date: 29.05.2024

Time: 11:00 AM – 1:00PM

Details: A morning of music and song. Light refreshments provided.

Booking Essential: via Age Friendly Cavan email agefriendly@cavancoco.ie or call 0494374545