



**Some other
things to
watch out for**

NUIG Health Fair—Lots of fun, lots of freebies, demonstrations and more. Bailey Allen Hall, February 14th

Knit and crochet group—an informal gathering of enthusiasts who meet and knit or crochet and chat over lunch. Come along to the Wellness Centre—all welcome! Every Wednesday 1:00—2:00pm

Wellness Centre—Check it out! It's in the back of the Hub, beside the ALIVE office, in Áras na Mac Léinn. There are books and resources to browse and a comfy place to sit. **Need a private space?** You can book our Relaxation Room for a half hour. Email cindy.dring@nuigalway.ie

Monday Massage—Ashling Battersby, Massage Therapist, will be providing massage treatments every Monday in the Wellness Centre. Students 20€ / Staff 25€ for 30 min. To book contact Ashling at 087-6722395.

Health Connect—Are you interested in helping to promote wellbeing among NUIG students? Health Connect is a health promotion volunteer outreach programme for students. Full training is provided. Email cindy.dring@nuigalway.ie

Wrap-it Wednesdays—The first 50 people to call in to the Wellness Centre every Wednesday from 5:00—6:00pm will receive a pack with free condoms and other goodies. A Health Connect initiative.

Exam De-stress Programme—Be chilled out for your exams. Starts 2nd April

Pro-Youth: If you struggle with body confidence or your relationship with food, please register with www.proyouth.eu for anonymous, online support and information.



Health Promotion Service

A free service for NUIG students, supporting students in achieving personal and academic success. Contact us for information about: health and wellbeing or drop in to the Wellness Centre in the back of the Hub, Áras na Mac Léinn. Check out our online resources on our website, www.nuigalway.ie/student_services/health_promotion/. **MyStudentBody.com** has information on sexual health, stress, nutrition, alcohol, drugs, and much more. Or take the e-PUB and find out how many cheeseburgers you drank last month.



Phone: 091 492048
E-mail: cindy.dring@nuigalway.ie
www.nuigalway.ie/student_services/health_promotion/



Mind, Body & Soul Programme January—March 2012



www.nuigalway.ie/student_services/health_promotion/

Mind, Body & Soul Programme

SPRING PROGRAMME Jan—March 2012

Our wellbeing is a resource for living, but good health doesn't just happen. Mind, Body & Soul is a programme of short courses designed to help you be all you can be. Did you make any New Year's resolutions that you are finding hard to keep? Did you keep up with all your commitments last term? How about those energy levels? Or your stress levels? So whether it's to feel great, get fitter, be more chilled out, or to just try something new, there's something here for everyone. And it's all FREE!

For more information, or to book a place on any of the courses, contact Cindy Dring, Health Promotion Officer, at cindy.dring@nuigalway.ie. Or call by the Wellness Centre in the back of the Hub, Áras na Mac Léinn.

Assertiveness Training With Nicola Williams

Do you sometimes find yourself behaving passively or aggressively? Do you find it hard to say No, to express your true thoughts or to ask for what you want? Do you find it difficult to keep your cool or to deal with others who have lost theirs? If you answer Yes to any of these, then this could be the course for you...learn the skills of assertiveness in a fun and informal environment for some serious improvement to the above! A 6 week course. **Booking required.** Mondays starting 23/01/12; Time 6:30 — 8:30pm; Venue the Wellness Centre, back of the Hub, Áras na Mac Léinn

E-mail cindy.dring@nuigalway.ie to book a place. It's FREE!

Moving Mindfully

With Marese Cregg & Florence Abrams
Bring your mind and body into balance by practicing gentle yoga postures with controlled breathing and meditation. Develop a mind-body-spirit centred practice by breathing mindfully during slow movements and experience your body as a vehicle for self-discovery through observation and attention. Learn to develop and to tune into your internal awareness. Wear loose comfortable clothing. An eight week course. **Booking required. Maximum 15 people per class**

Getting Out of Your Head

with Moya Roddy
A journey from the head to the heart using writing, chakra balancing, and meditation. Are there things you want to say, but don't know how to say them? Do you feel 'blocked' in any way? This 4 part workshop uses various techniques to get to a place of inner peace from where you can discover a way of expressing yourself more fully. Open to everyone. **No experience needed. Booking required — maximum 10 people.**

Meditation

with Moya Roddy
Moya is an experienced meditation facilitator and is back with us this term by popular demand. Each weekly session includes simple relaxation techniques including Chakra balancing with sound and colour and Yoga Nidra (a form of body awareness). There will also be time for silent meditation. The group is open to everyone and the aim is to provide a warm nourishing environment where we can spend a little time with ourselves. **No need to book - drop in!**

6-Week Quit Smoking Course

With Cindy Dring
You can do it—with a bit of help. If you are thinking of quitting, there's no time like the present to get started. **Booking required.**

Mondays
5:30—7:00pm
Starting 30/1/12
Venue: 'the View' Áras na Mac Léinn

Wednesdays
5:00—6:30pm
Starting 1/2/12
Venue: 'the Space' Áras na Mac Léinn

Wednesdays
5:00—6:30 pm
Starting 25/1/12
Venue: Art Room, Áras na Mac Léinn

Thursdays
1:10—2:00 pm
Starting 5/1/12
Venue: Art Gallery, in the Quad

Mondays
1:10—2:00pm
Starting 30/1/12
Venue: Wellness Centre

Massage Workshops

with Ashling Battersby
We believe that basic massage is an essential life skill. It can be therapeutic and relaxing as well as stimulating and rejuvenating. Back by popular demand, this five week course will teach you the main techniques, and then you can try them out on those special people in your life. The course is for complete beginners as well as more experienced participants. Something for everyone! These are practical workshops and you will work in pairs, under Ashling's guidance. Don't forget your towel. **Booking required.**

Cooking with Kate

with Kate Wright
Kate Wright is back with us for 8 weeks, armed with loads of new recipes and cookery ideas that she will prepare and serve to participants. Kate's passion for food led her to open her own café, and after much prompting by her customers she opened Kate's Cookery School 7 years ago. Incorporating the principles of healthy eating, the course will teach people how to make nutritious & delicious dishes (mostly vegetarian) at low cost, covering breakfast, lunch, dinner, snacks, bread and desserts. It will truly expand your knowledge of cookery in a fun and sociable way. **Booking required.**

Tantra Workshops

With Nicola Williams
What do you think of when you hear the word Tantra? Exotic erotic techniques? Strange sex rituals? Indian Gurus? Sting? There are many misconceptions. The sexual aspect of Tantra makes up just a small part of what it really has to offer - it is an ancient path of self-discovery that has much relevance for the modern man and woman. It's about exploring who we are, connecting with ourselves and each other, being fully in the present moment, being curious about the mystery of existence and truly living the adventure of life! Come and discover yourself and find out what Tantra means for you. A series of 3 workshops. **Booking required.**

Wednesdays
5:30 — 7:15pm
Starting 25/01/12
Venue: AM205

Thursdays
6:30 — 8:00pm
Starting 26/01/12
Venue: John Paul II Common Room in the Chapel

Thursdays
6:30—8:30pm
Starting 2/2/12
Venue: Art Gallery, the Quad