



# “KeepWell” **FREE** Online Events for **ALL THE FAMILY**

## “**Strengthening Family Resilience Day**”

Want to register? Go to [www.welloige.eventbrite.com](http://www.welloige.eventbrite.com) and **book your place** on one or all of our events

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#1

### GREENSIDE UP WITH DEE SEWELL

Find out how to grow fresh kitchen herbs

- > For cooking and also for the sheer satisfaction of keeping them alive, demonstrated by a qualified horticulturalist & community based entrepreneur
- > Thursday 6th May, 5.45pm - 6.45pm



#2

### LIFE, WORK AND BALANCE FOR BUSY PARENTS

Engaging & thought provoking talk by Keane Harley

- > Explore your own individual circumstances with a compassionate lens and help create new structures that work for you
- > Thursday 6th May, 7.00pm - 8.00pm



#3

### TEEN ‘YOUNG OFFENDERS’ COMEDY WORKSHOP

With Shane Casey & Dominic McHale

- > Find out about the business of acting, get insight into the movie process and casting, learn how creativity & improvisation can be used to achieve better life outcomes
- > Thursday 6th May, 8.00pm - 9.30pm

## TO BOOK A PLACE

Go to [www.welloige.eventbrite.com](http://www.welloige.eventbrite.com)

For more info call or text one of our Meath Foróige Team at:

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