


Louth / Meath Mental Health Promotion Events - March 2024

For more info or to register for an event click the  icon

8th

International Womens Day

HSE Health & Wellbeing Podcast. Menopause: Understanding Symptoms & Treatments 

Information on Women's Health 

13th

Bipolar Disorder: Journey To Diagnosis

Aware Webinar Series, Online 12-1pm 

14th

Social Prescribing Day

Contact Meath & Louth Social Prescribing Services 

21st &
28th

Free Mindfulness Meditation Classes

Stamullen Parish Hall, 7.30pm 



Healthy
Meath



text about it
50808



comhairle chontae na mí
meath county council

SAMARITANS
Ireland



Healthy
Louth