

Healthy Living Conference

Aurivo Theatre, IT Sligo

12th February 2020

- 8.30 Registration and 'Meet on your Feet'
- 9.00 Conference opening – **Dr Chris O'Malley**, VP IT Sligo
- 9.05 **Dr. Carol Moran** (IT Sligo) and **Deirdre Lavin** (Sligo Sports Partnership) Developing Community Sports Hubs
- 9.25 **Dr. Kenneth Monaghan** (IT Sligo) How to exploit 'Neuroplasticity' for a healthy Brain and Body
- 9.40 **Ms Ruth Kavanagh** (IT Sligo) TrueTransFARMatIon: Improving Irish Farmers Health
- 9.55 Panel discussion, Questions and Answers
- 10.05 A Guided Mindfulness Session with **Ms Maura Mc Guinness**, Lecturer in Home Economics. St Angelas College
- 10.20 Walk and Talk
- 10.40 Coffee and poster viewing
- 11.00 **Prof. Donal O'Shea** (HSE Clinical Lead on Obesity) Obesity and the Immune System
- 11.30 **Dr. Cathy McHugh** (Sligo University Hospital) Healthy Nutrition
- 12.00 **Mr Kevin Craddock** (IT Sligo) Changing diet behaviour in type 2 diabetes
- 12:15 Panel discussion, Questions and Answers
- 12.30 Lunch
- 1.15 **Dr. Colette Kelly** (Health Promotion Research Centre, NUI Galway) Health Behaviours of Schoolchildren
- 1.45 **Dr. Noel McCaffrey** (ExWell) Physical Activity and Health *Wake and Shake*
- 2.15 **Ms Mary Haran** (Sligo University Hospital) Physical Activity and Health
- 2.40 Panel discussion, Questions and Answers
- 3pm Close of conference



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