

IWD 2026 Feedback

Monday Food and Nutrition Talk = 16

Tuesday Yoga = 3

Tuesday Health Talk = 16

Wednesday Yoga =4

Wednesday Health Talk =7

Thursday Massages = 18

A summary of all the activities on offer throughout the week is outlined below:

Date	Time	Activity	Location
Monday 2nd March	10-11.30 am	Food & Nutrition talk Stretches to improve posture Find out your metabolic age	Training Room, Connell Steet
Tuesday 3rd March	10-11.30 am	Women's Health talk by Dr Sharon Porter, NHSCT Clinical Lead for Sexual and Reproductive Health	Bann Gallery, Cloonavin
	12.30-1.30 pm	Yoga Mobility Session	Dalriada Room, Riada House
Wednesday 4th March	10 am-12.30 pm 12.30-1.30 pm	Health Checks Yoga Mobility Session	Mayor's Parlour, Sheskburn House
Thursday 5th March	10-5 pm	Taster Treatments (15 mins) <ul style="list-style-type: none">• Head Massage• Back Massage• Foot Massage	Small Committee Room, Cloonavin