

# LINC HEALTH WEEK 2019

## SATURDAY 2ND FEBRUARY

### PILATES

Saturday 2nd February  
11am at LINC

11 AM

Pilates is designed to improve physical strength, flexibility, posture, and enhance mental awareness. It focuses on trying to relax muscles which are tense and increase muscle strength and tone, particularly the abdominals, back, hips and glutes.

Aoife is a qualified Personal Trainer, Pilates Instructor and Running coach and works full time in this area.



LINC Adventure Club is going Karting!  
NKC  
Saturday 2nd February 2019 @ 3

Suitable for all  
places available  
€30 per person  
required by Jan 17th  
E: info@linc.ie Ph: 021

### TABLETOP

A night of board games and good company  
Only 12 Places Available

Saturday the 2nd Feb  
6pm

9 Castle Street, Cork



To Book your place please contact us  
on 021 4808600 or email info@linc.ie

6 PM

info@linc.ie  
021 4808600  
www.linc.ie

# LINC HEALTH WEEK 2019

## SUNDAY 3RD FEBRUARY

11 AM TO 1PM



## Health and Wellness Expo



Sign up for any of our 6  
week workshops:

SUNDAY 3RD  
FEBRUARY

- Boxing
- Badminton
- Dance
- Managing Stress/Anxiety through hypnosis
- Couch to 5k
- Cork Rebels Football
- 12 Steps



FOLLOWED  
BY OUR  
PLEDGE FOR  
HEALTH  
PRIZE GIVING  
CEREMONY  
1PM



info@linc.ie  
021 4808600  
www.linc.ie



Advocating for Lesbian and  
Bisexual Women in Ireland

1999-2019

# LINC HEALTH WEEK 2019

29 JAN  
TO  
3RD FEB

MAKE 2019  
A BETTER YEAR  
FOR YOU!



# LINC HEALTH WEEK 2019

## TUESDAY 29TH JANUARY

### 4 PM

You are cordially invited to the launch of

## LINC HEALTH WEEK

**Sporting Legend**  
**Valerie Mulcahy**  
will launch our health week on  
**Tuesday the 29th of January**  
**at 4pm**

This event is open to the public, please share with any people or groups who may benefit.  
Refreshments provided  
RSVP to [info@linc.ie](mailto:info@linc.ie)

ALL DAY IN LINC

## Pledge for Health

The Pledge for Health invites participants to sign up for the **VIP treatment** section of LINC's Health Week. Each day, those of us who sign up will receive incremental steps challenges, complete mindfulness practices and attend Health Week workshops (minimum of 1 during the week). The majority of 'pledge communication' takes place online through a Facebook group where steps challenges completed, encouragement and mindfulness tasks will be posted allowing participants from all around the county to take part and interact with the other pledges. The group will also be provided with helpful guidelines around maintaining good health with ease. The pledge culminates in the **Health and Wellness Expo** on Sunday the 3rd of February at LINC where a variety of **sports, support groups, and wellness initiatives** will be showcased. Each 'pledge' is asked to sign up for a six week programme (provided by LINC) with the intention of forming good habits through and with our community.

# LINC HEALTH WEEK 2019

## TUESDAY 29TH JANUARY

5 PM

### MANAGING STRESS with Marie Power

Marie's background is in hospital based social work where she has helped people to deal with life-changing medical issues and later stress management in relation to cardiac conditions where stress impacted negatively on people's health.  
Her current work is community based.

This workshop will cover some basics of stress and ways of addressing it. The workshop will also include a relaxation component.

20 Places Available  
To book your place please contact us on 021 4808600 or email [info@linc.ie](mailto:info@linc.ie)  
Tuesday 29th January at 7pm in LINC

### JUST BE YOU!

**TUESDAY 29 JANUARY 2019 AT 5:00PM**  
Steph (a.k.a. Ms. Gay Ireland) hosts 'Just Be You' body positivity workshop which promotes acceptance of who you are and moving forward with that through self-love and love for others. This workshop is tailor made to fit our community – a version of which was a hit at Pink training 2018. We're excited to welcome 'Just Be You' to LINC.

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## WEDNESDAY 30TH JANUARY

12.30 PM

### IN 4 LUNCH EXTRA

Wednesday 30th January at 12.30 in LINC  
Pop in for a cuppa and some healthy food to keep you going for the day

### CHECK YOURSELF!

Look after your sexual Health with a full STI check for a minimal fee of 20 euro (usually 70) with LINC  
Wednesday 30th 5-8pm  
Only 9 Places Available  
16 Peters Street, Cork

To Book your place please contact us on 021 4808600 or email [info@linc.ie](mailto:info@linc.ie)

5-8 PM



[info@linc.ie](mailto:info@linc.ie)  
021 4808600  
[www.linc.ie](http://www.linc.ie)

# LINC HEALTH WEEK 2019

## THURSDAY 31ST JANUARY

11 AM

### SMEARS FOR QUEERS INFORMATION SESSION

Lynn Swinburne from the screening service is going to cover prevention, early detection, breast and cervical screening and touch on the basics of bowel cancer and diabetic retinopathy.  
Thursday 31st January 2019  
11am in LINC  
To book your place please contact us on 021 4808600 or email [info@linc.ie](mailto:info@linc.ie)

### YOGA WITH KITTY

Thursday 31st at 6pm  
Kitty Ni Shiechan works in UCC supporting students with mental health concerns, with a background in mental health nursing and 8 years of practice behind her her sessions promote positive mental wellbeing as is her passion. Let this Yogi take you through a fusion of joint mobility, yoga and mindfulness based practices!

To Book your place please contact us on 021 4808600 or email [info@linc.ie](mailto:info@linc.ie)

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## FRIDAY 1ST FEBRUARY

5 PM

### SLIMMING WORLD info evening With Toddy Hogan

Learn all about Slimming World with Toddy. Achieve your dream while still enjoying your favourite foods.  
Friday 1st February at 5pm in LINC

7.30 PM

### NO ESCAPE

Friday 1st February 7-9pm  
Only 6 Places Available to Douglas Street, Cork  
Problem solve as a team to break the codes and figure out the clues  
To book your place please contact us on 021 4808600 or email [info@linc.ie](mailto:info@linc.ie)



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