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
2.15 **Ms Mary Haran** (Sligo University Hospital) Physical Activity and Health
2.40 Panel discussion, Questions and Answers
3pm Close of conference