

# **Healthy Home Environments**

A series of **FREE** information sessions to help make your home a healthier environment to live in

Hosted By



Weekly Sessions this May at:  
**Rosslare Community & Sports Centre**  
**Y35CC9N**

## **The Air You Breathe**



**Thursday**  
**8<sup>th</sup> May**  
**2-3.30pm**

## **Taking Precautions**



**Thursday**  
**15<sup>th</sup> May**  
**2-3.30pm**

## **Energy Efficiency for Health**



**Thursday**  
**22nd May**  
**2-3.30pm**

These are **FREE** Community Information Sessions and open to anyone who wishes to attend. Refreshments will be served. No need to register or book in advance.



Healthy  
**Wexford**



Supported By

Rialtas na hÉireann  
Government of Ireland



*The Healthy Ireland Fund supported by the Department of Health*



# Healthy Home Environments

A series of **FREE** information sessions to help make your home a healthier environment to live in – from preventative health actions to ensuring healthy living spaces

Hosted By



Weekly Sessions this May at:  
**Rosslare Community & Sports Centre**  
**Y35CC9N**



## The Air You Breathe

**Thursday**  
**8<sup>th</sup> May**  
**2-3.30pm**

Find out how what we use in our homes and gardens can impact the air we breathe and discover greener alternatives with samples to take home and try. Learn from EPA about Radon – what it is and how it might be harmful. Borrow a digital monitor on the day from Wexford Library to check levels in your home\* *(If you are not a library member bring along proof of address and photo ID to sign up on the day)* \*limited numbers available



## Taking Precautions

**Thursday**  
**15<sup>th</sup> May**  
**2-3.30pm**

Wexford Fire Service will provide practical tips to make your home a safer healthier place, while Wexford Civil Defence will introduce CPR & CFR, with opportunity for some hands-on experience, supported by Kilmore Area Community First Responder Group



## Energy Efficiency for Health

**Thursday**  
**22nd May**  
**2-3.30pm**

A look at ventilation and energy efficient measures to make our homes healthier, with details of grants available from Dr Yvonne Byrne, Sustainable Energy Authority Ireland mentor

These are **FREE** Community Information Sessions and open to anyone who wishes to attend. Attend any or all in the series.

Refreshments will be served.

No need to register or book in advance.



Healthy  
Wexford



Supported By

Rialtas na hÉireann  
Government of Ireland



**The Healthy Ireland Fund supported by the Department of Health**





# Healthy Home Environments

Hosted By



**Rosslare**  
Community & Sports Centre

A series of **FREE** information sessions to help make your home a healthier environment to live in - from preventative health actions to ensuring healthy living spaces

Weekly Sessions this May at:  
**Rosslare Community & Sports Centre**  
**Y35CC9N**

**Session 1**  
**8<sup>th</sup> May**  
**2-3.30pm**

## The Air You Breathe

Considering potential health challenges of the air in our homes, this free information session will include a focus on Radon by the Environmental Protection Agency (EPA) Find out what it is, how it is measured and how it might be harmful.

This session also includes the opportunity to borrow a digital radon monitor\* on the evening through Wexford Library to check radon levels in your home. \*Limited numbers available.

If you are not a library member bring along proof of address and photo ID on the day.



Hear Aoife Munn talk about why it is important for your health to have a less chemical focus on the cleaning products used in your home.

Aoife will give a demonstration on how to make your own healthy cleaning products on the day, with some samples available to take home.

Recipes and instructions will be provided also

**Thursday 8<sup>th</sup> May - 2.00pm - 3.30pm**  
**Rosslare Community & Sports Centre, Y35CC9N**

These are **FREE** Community Information Sessions and open to anyone who wishes to attend.

Refreshments will be served.  
No need to register or book in advance.



Healthy  
**Wexford**



Supported By  
**Riailtas na hÉireann**  
Government of Ireland



**The Healthy Ireland Fund supported by the Department of Health**





# Healthy Home Environments

Hosted By



**Rosslare**  
Community & Sports Centre

A series of **FREE** information sessions to help make your home a healthier environment to live in - from preventative health actions to ensuring healthy living spaces

Weekly Sessions this May at:  
**Rosslare Community & Sports Centre**  
**Y35CC9N**

**Session 2**  
**15<sup>th</sup> May**  
**2-3.30pm**

## Taking Precautions

Wexford Fire Service will provide practical tips on precautions to make your home a healthier safer place.



Wexford Civil Defence will introduce CPR & CFR, with opportunity for some hands-on experience, supported by Kilmore Area Community First Responder Group

**Thursday 15<sup>th</sup> May - 2.00pm - 3.30pm**  
**Rosslare Community & Sports Centre, Y35CC9N**

These are **FREE** Community Information Sessions and open to anyone who wishes to attend.

Refreshments will be served.  
No need to register or book in advance.



Healthy  
**Wexford**



Supported By

Rialtas na hÉireann  
Government of Ireland



*The Healthy Ireland Fund supported by the Department of Health*





# Healthy Home Environments

Hosted By



**Rosslare**  
Community & Sports Centre

A series of **FREE** information sessions to help make your home a healthier environment to live in - from preventative health actions to ensuring healthy living spaces

Weekly Sessions this May at:  
**Rosslare Community & Sports Centre**  
**Y35CC9N**

**Session 3**  
**22nd May**  
**2-3.30pm**

## Energy Efficiency for Health

In this session, SEAI Mentor Dr Yvonne Byrne will be on hand to discuss ways in which you can make your home more energy efficient and healthy.



Topics will include ventilation and simple ways to make your home warmer and healthier, as well as information on Grants and Supports available for more extensive actions.

**Thursday 22nd May - 2.00pm - 3.30pm**  
**Rosslare Community & Sports Centre, Y35CC9N**

These are **FREE** Community Information Sessions and open to anyone who wishes to attend.

Refreshments will be served.  
No need to register or book in advance.



Healthy  
**Wexford**



Supported By

Riailtas na hÉireann  
Government of Ireland



**The Healthy Ireland Fund supported by the Department of Health**