

Menopause Workshop Series - Local Support

1. Sligo LEADER's SICAP Programme
Contact Details: Karen Tonry (ktonry@sligoleader.com or 087 687 2777)
2. John Graham at John G Coaching: Mindfulness and Meditation
Contact details: Johngcoaching@gmail.com
Number of videos of John's Calming a Busy mind programme on Sligo LEADER's Website
<https://www.sligoleader.ie/calming-a-busy-mind/>
3. Sligo Acupuncture & Tuina – did talks on Acupuncture and Menopause only few weeks back.
Contact details: Shane McMunn – 087 134 0772
4. Sligo Wellness Centre (The Natural Therapies Centre)
Contact Details: 071 915 3828
5. Wellbeing with Blaithin – Wellness & Yoga
Contact Details: Blaithin Sweeney – info@yourwellbeingwarrior.com or 087 778 2261
6. Beo – Centre for Mindfulness and Integrated Health
Contact details: info@beomindfulhealth.ie or 087 132 6088
7. Well Women's Checks in The Mall Family Practice
Contact Details: 071 914 2767
8. Well Woman's Clinic in North Leitrim (Manorhamilton)
Contact Details – nlwrg@eircom.net or 071 985 6220
9. Sligo Sports Partnership – Women's exercise initiatives
Contact Details: deirdre@sligosportandrecreation.ie
10. Social Prescribing Project in Sligo and Tubbercurry Family Resource Centre
Contact details: Sligo FRC (lorettasfrc@gmail.com) and Tubber FRC
(Devworker@tubbercurryfrc.com)