

# Health Talks / Presentation Theatre 2

(Upstairs directly above Main Entrance)

**Friday, October 20**

| Time  | Subject  | Speaker/Content   |
|-------|--|---|
| 12.30 | Osteoporosis and You                                     | Michele O'Brien<br>Irish Osteoporosis Society   |
| 1.30  | Change of bowel habit: what should you do?               | Mr R. Kalbassi,<br>Consultant Colorectal,<br>Laparoscopic and General Surgeon<br>(specialising in Gastrointestinal conditions), Beacon Hospital |
| 3.30  | An overview of healthy eating to support positive ageing | Dr. Caoileann Murphy,<br>PhD, UCD Conway Institute of<br>Biomolecular and Biomedical<br>Research  |

**Saturday, October 21**

|        |   |  |
|--------|---|--|
| 2.30pm | Heart & Stroke Screening<br>Prevention warning signs<br>How to reduce your risk | Orla Mc Laughlin,<br>Nutrition Practitioner,<br>MSc, Dip NT, mNTOI, CNHC |
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**Sunday, October 22**

|      |  |  |
|------|--|--|
| 1.30 | Change of bowel habit: what should you do?               | Mr R. Kalbassi, Consultant<br>Colorectal, Laparoscopic and General<br>Surgeon (specialising in Gastrointestinal conditions), Beacon Hospital |
| 3.30 | An overview of healthy eating to support positive ageing | Dr. Caoileann Murphy,<br>PhD, UCD Conway Institute of<br>Biomolecular and Biomedical Research  |