



A large number of people who attended the information day at the RWN centre with the Marie Keating Information truck in the background.

Pic: Liam Reynolds

# RWN enjoys hugely successful Wellness Day in Castlerea

Roscommon Women's Network recently held a hugely successful Wellness Day in Castlerea with everything from cancer prevention talks to Indian head massage.

Maria Harris and the RWN Wellness Day team including Kevin, Rita, all the shop volunteers pulled out all the stops to ensure the event ran smoothly.

Phil Keating from the Marie Keating foundation was very impressed with the activities, including motivational speakers, Indian head massage, mindfulness hour and the number of visits she had to the Marie Keating mobile unit from both women and men.

Manger of RWN, Nora Fahy said: "Phil was particularly delighted to have the opportunity to talk separately to the young men and women from the training centre on cancer awareness and she was impressed with how interactive and open the young people were during her talk. She said it was one of the more successful community visits she has experienced in terms of numbers of women and men reached

of different age groups and in terms of the positive comfortable atmosphere, organisation and community spirit." Karen Gavin's talk on the impact of substance misuse on families was very well attended and received.

Thanks was extended to volunteers Breege and Helen, who made the delicious sandwiches, volunteer Bernie Murray who sourced all the raffle prizes, and to Kevin and all the volunteers who had the RWN charity shop looking so well.

Thanks was also extended to James and Teresa in the RWN training centre who co-operated so well to make the day a success and to Geraldine Herbert (Indian head masseur), EmmaMcManus (Mindfulness hour) Ciara McDonnell (nutritionist) and Sue Davis all of whom gave their time and shared their talents voluntarily.

Proceeds from the charity shop on the day were donated to the Marie Keating foundation and thanks were also extended to all local businesses who donated raffle prizes.



At the recent Wellness Day were, Back l-r: Michael Collins, Tom O Dwyer, Maria Harris and Ethna Dempsey. Front l-r: Mary Kelly, Beatrice Colmeley, Dion Mc Loughlin and Kevin Collins.

Pic: Liam Reynolds



Phil Keating viewing some of the information leaflets on offer with Maria Harris.

