



**St. John of God
Hospital**

**Stillorgan
Co Dublin**

**Tel: (01) 277 1400
www.sjoghosp.ie**

Lectures: 8.00pm-9.30pm

Venue: St John of God
Hospital

Admission Free

Early Attendance Advisable

See overleaf for directions

Minding the Mind

2010 Public Lecture Series

Monday 12 April 2010

"Retirement 2010"

Mr John Higgins, Chief Executive, Retirement Planning Council

Monday 19 April 2010

"Sleep: What is it? How do I get it?"

Dr Simon Mitchell, St John of God Hospital

Monday 26 April 2010

"Give Your Mental Health a Workout Through Exercise"

Mr Peter Connolly, St John of God Hospital

Monday 10 May 2010

"Understanding Eating Disorders"

Ms Fiona Flynn, Youth Development Officer, Bodywhys

Monday 17 May 2010

"Alcoholism: The Way Forward"

Ms Jacinta Bergin, Mr Donal Scanlan, St John of God Hospital

Monday 24 May 2010

"When the Mundane Becomes the Dream"
"Treatment of Bipolar Disorder"

Dr Ahmed Errasoul, St John of God Hospital