



**Leabharlann Shoird: Eanáir 2020**  
**Ríomhphost: [swordslibrary@fingal.ie](mailto:swordslibrary@fingal.ie)**  
**Fón: (01) 8905894 / 5582**

## Swords Library Events for January 2020

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**Email: [swordslibrary@fingal.ie](mailto:swordslibrary@fingal.ie)**  
**Contact us at (01) 8905894 / 5582**

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### Events for Children

**Sensory Event: Storytime With Simone**

**Thursday, 30th January at 6:00 PM**

Enthralling stories that cross cultures and centuries, with Simone Schümmelfeder of storygate.net. Suitable for children ages 4-7.

### Events for Adults

**Healthy Ireland, Your Amazing Gut with Dr. Kevina Cardiff**

**Tuesday, 14<sup>th</sup> January at 6:30 PM**

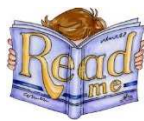
Learn how a healthy gut plays a role in optimizing all aspects of your health from the more obvious, being free of gut related issues such as irritable bowel syndrome, to the lesser known areas such as cholesterol lowering and the microbiome or gut flora, your immunity, and the gut brain feedback. Learn how to balance your diet to maintain a healthy gut and enjoy all the improved health related benefits.

**Autism Awareness Parenting Talk with Dr. Alison Doyle**

**Saturday, 18th January at 11 AM**

Ready, steady, go: planning the move from primary to secondary school for children with ASD.

# Ongoing Events



**Club Leabhair Naíonán / Grúpa do Thuismitheoirí agus Naíonáin**

**The Baby Book Club / Parent & Toddler Group**

**Tuesday, 28<sup>th</sup> January at 10:30am**

This free event includes storytelling and fun activities for pre-schoolers.

**Form in Poetry / Foirm san Fhilíocht**

**Tuesday, 28<sup>th</sup> January at 5.50pm**

This is a free Poetry workshop hosted by Poet, Máighréad Medbh.

**Please book your place for the above events by contacting the library @ (01) 8905894 / 5582. All events are on a first-come first-served basis.**

**Tá Leabharlanna Fhine Gall ar na Meáin Shóisialta!**

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