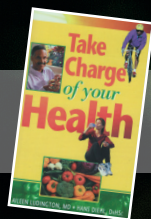


WELLNESS - WHOLENESS - WELLBEING

# CUISLE CENTRE

JAN -MAY 2017

**FREE BOOK  
OFFER!**



**FREE**

## Health Assessments

Tuesdays 12pm to 4pm, Thursdays 2pm to 6pm

## Seniors Club

Last Thursday of the month, 2.30pm to 4pm

## Pulses of Life Cooking Class

Second and fourth Wednesday of the month  
7.15pm to 8.45pm

## Ranelagh Community

## Prayer Service

first and third Wednesdays of the month,  
7.30pm to 8.30pm



# Welcome to the Cuisle Centre

The Cuisle Centre provides a wide range services and courses designed to support whole-person health in its many dimensions - physical, mental, spiritual and social. The Cuisle Centre offers classes to help you make healthy lifestyle choices, outdoor programs, group activities for adults and children, and one to one counselling services. Invite us on your journey to peak health and vitality.



## About Our Name

Cuisle is Irish, meaning the “pulse”. Our centre is located in the heart of Ranelagh and we strive to be the “pulse” of our community by reaching out in service.

## Our Team

Services at the Cuisle Centre are provided by Dublin based health-care professionals and other volunteers with diverse skills. Many of our providers are members of the Ranelagh Seventh-day Adventist Church which hosts the Cuisle Centre and provides pastoral support. Seventh-day Adventists have a long tradition of promoting healthy living and desire to follow Christ's example of ministering to people's health needs.

## Drop-in to the Cuisle Centre

**Tuesdays 12pm to 4pm**  
**Thursdays 12am to 6pm**

## Books for Sale

**Browse through our selection of  
health books and magazines.**  
**These are on sale during our regular  
opening hours and at our programs.**

## SERVICES

### Health Assessments

**Tuesdays 12pm to 4pm, Thursdays 2pm to 6pm**



Ever wonder how old your body is according to your habits and not your birthday? Receive a health check to get a picture of what areas you should focus on to optimise your health. Healthcare workers and lifestyle counsellors will share the tools and support you need. These are **free** drop-in sessions. No appointment required.

### Personal Counselling

Nave Ndhlovu is a qualified counsellor and psychotherapist. Nave provides individual and group counselling at the Cuisle Centre by appointment. To book an appointment call 087 788 1638 or email [info@cuislecentre.ie](mailto:info@cuislecentre.ie)

**Fee: €20 for 1 hour consultation**



### Pastoral Counselling

Would you like to learn more about God and his purpose for your life? The Dublin pastoral team are ready to guide you on this journey. If you would like to discuss spiritual and personal matters individually or as a group contact Adam Keough: [adam@adventist.ie](mailto:adam@adventist.ie) or 089 211 1507

### Premarital Counselling

A wedding is one of life's most significant celebrations. It merits all the careful thought and planning usually invested in its preparation. We highly recommend all couples go through premarital counselling before. **Adam Keough**, a licensed minister, provides premarital counselling services to couples. To arrange an appointment, contact: [adam@adventist.ie](mailto:adam@adventist.ie), 089 211 1507



## REGULAR CLASSES

### Knit & Knatter Knitting & Crochet group

Second and fourth Monday of the month,  
10.30am to 11.30am

Join the Knit and Knatter group to share and learn knitting and crochet skills in a friendly environment. Crafters of all levels and ages are welcomed.

### Pulses of Life Cooking Class

Second and fourth Wednesday of the month 7.15pm to 8.45pm

Simple and nutritious dishes are demonstrated at our popular vegetarian cooking class. Our team of experienced cooks prepares the dishes step-by-step. Everyone gets a chance to sample the meals and socialise after the class. Hope to see you there.

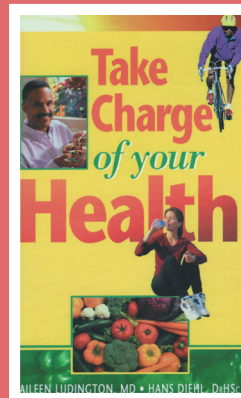
**Next cooking class:** Wednesday 11 January, 7.15pm

### Seniors Club

Last Thursday of the month, 2.30pm to 4pm

We have a range of activities intended to enrich the lives of senior citizens in the community. We welcome anyone 55 years and older to come along. Meet others and share experiences while enjoying a hot or cold drink and some cake.

**Cost:** FREE, open to all seniors 55 years and older



## FREE BOOK OFFER!

Take Charge of Your Health describes true stories of individuals struggling with illness who became dynamos by simplifying their diet, using natural remedies and exercising. Through these powerfully motivating stories learn the rules for securing vibrant health, shed bitterness and find new peace of mind. Claim your free book in person, by emailing [info@cuislecentre.ie](mailto:info@cuislecentre.ie) or calling 089 241 6317.

*Offer limited to the first 20 requests.*

## SEASONAL PROGRAMS

### Pilates for beginners

First session and assessment -

Tuesday 7 February, 6pm

On this course you will get introduced to the basic principles of pilates. Learn and practice this exercise system developed by Joseph Pilates to strengthen muscles, increase flexibility and improve overall health. Classes will be on Tuesdays and Thursdays for an 8-week block.



**Instructor:** Nomsa Gusha-Zinyemba, Chartered Physiotherapist (MISCP)

**Course dates:** Tuesdays and Thursdays, 6pm to 7pm; 7 February to 30 March

## SPECIAL OFFER!

**Pay only €80 for the full block of 16 sessions.**

**Offer closes:** Sunday 30 January 2017

Drop-in: €10/session, please call ahead to check availability  
Bring your own mat.



[www.cuislecentre.ie](http://www.cuislecentre.ie)



47a Ranelagh Road, Dublin 6



## Ranelagh Ramblers

Regular hikes are organised at locations in Dublin and the nearby counties. We welcome walkers of all abilities and ages.

Register at [info@cuislecentre.ie](mailto:info@cuislecentre.ie) or 089 241 6317 of the next hike.



## Build a healthy self esteem

Self-esteem is a way of thinking, feeling, and acting that implies that you accept, respect, trust and believe in yourself. How you feel about yourself can influence how you live your life, how you respond in various relationships, and how well you do in school and work. Discover the key steps to a healthy self-esteem on this free interactive three-session workshop.

**Facilitator:** Nave Ndhlovu is a qualified counsellor and psychotherapist.

## Are you eating enough to lose weight?

Tuesdays from 24 January, 7.15pm to 8.30pm

Strange as it sounds, most of us aren't! If you've been thinking about losing weight, we're starting a new weight loss program where you see how to enjoy a full plate and still lose weight using simple tools. The Full Plate Diet is an eight-session program that you'll find different and refreshing.



**Fee:** €50 for workbook and course materials

## CREATION Health Program

Saturdays from 25 February, 3.15pm to 4.30pm

CREATION Health is a lifestyle transformation program designed to help people live as fully as possible by focusing on eight universal principles of whole person health. This lifestyle has enabled people worldwide to live longer, healthier and happier lives. Plan now to join this 8-week program.

**Fee:** €30 for workbook and course materials.



## Depression, the Way Out

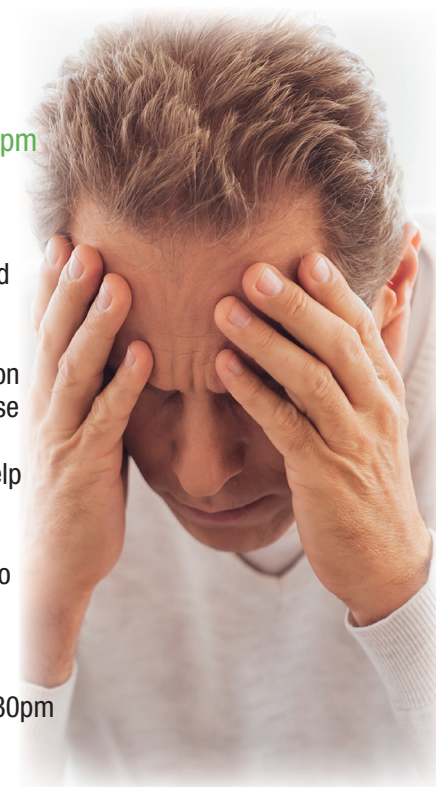
Information session: Tuesday 28 March, 7pm to 8pm

Depression is the most common mood disorder worldwide. It knows no cultural, social, or economic barriers and is largely misunderstood. The Nedley Depression Recovery Program has successfully helped thousands not only identify and correct the underlying causes of depression, but also improve overall mental performance. The course is presented as a combination of lectures and facilitated group discussion. This course is for anyone who suffers from depression or anxiety and those who would like to better understand and help friends or family.

**Facilitator:** Nomsa Maphango is a medical doctor who promotes preventive health in children and adults.

**Course dates:** Tuesdays 4 April to 23 May, 7pm to 8.30pm

**Fee:** €70 for study guide and recommended reading



## Home Visits

If you would ever like someone from the Cuisle Centre to come and visit you at home, please do let us know. We also offer a free handyman service. Call us on 089 2141 6317.

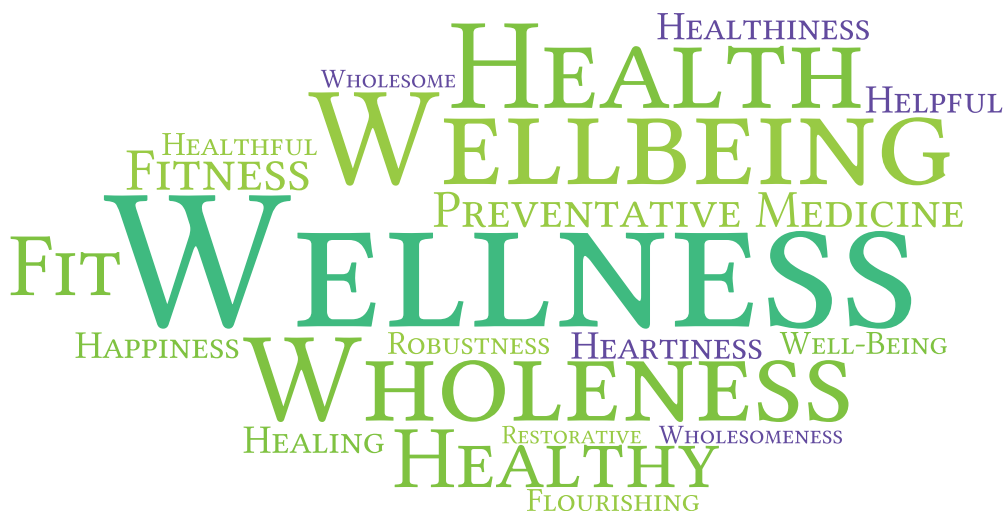
## Ranelagh Community Prayer Service

First and third Wednesdays of the month, 7.30pm to 8.30pm

Unite in prayer for each other, the Ranelagh community and for our world.

**Next service:** Wednesday 18 January 2017





47a Ranelagh Road, Dublin 6



[www.cuislecentre.ie](http://www.cuislecentre.ie)



089 241 6317



[info@cuislecentre.ie](mailto:info@cuislecentre.ie)

**CUISLE  
CENTRE**

**DROP IN TUES 10AM - 4PM**



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[cuislecentre](https://twitter.com/cuislecentre)