



## Looking after your wellbeing with Healthy UCD



Healthy UCD is a health promotion initiative in UCD which aims to create a sustainable, healthy campus for all members of the university community. For this year's UCD Festival@home, we're bringing you a range of exciting content to help you look after your and your family's wellbeing



Earlier this year, with UCD Culture & Engagement and registered dietitians working in UCD, we created a series of nutrition webinars on various nutrition hot topics. Click on the links below to access the seminars:

[Healthy Lunchboxes](#) with Dr Sarah Browne

[Healthy eating during lockdown](#) with Julie Dowsett

[Probiotics... are they just yoghurt?](#) with Annelie Shaw

[Intermittent Fasting – is it just another Fad Diet?](#) with Pauline Dunne



Wellbeing Your Way, a Healthy UCD event in association with BSc Sport & Exercise management students, featured a number of exercise classes which you can follow from the comfort of your own home. These can be accessed below:

[Dance Workout](#) with UCD Dance Soc

[Yoga](#) with Mary Coyne

[Pilates with Niamh Cleary](#) from Flex and Flow Fitness

### For Students:

Also during Wellbeing Your Way, we held two webinars aimed at students:

[Healthy Eating for students](#) with registered dietitian Aislinn McCourt

[Mental Wellbeing](#) with UCD Student Counsellor Donal Kiernan

Feel free to share these with any second and third-level students in your life!

To see more from Healthy UCD or to access more health and wellbeing resources, follow us on [Twitter](#) or [Instagram](#) or visit our [website](#)