



www.longford.ie

County Longford Events Guide – March 2021

Photo: Ardagh Village, Co. Longford.

MONDAY

- Online Fitness Classes every Monday, Wednesday & Friday at 10am, classes €3 each or €20 per month. Contact Laura at Sports Hub Edgeworthstown at ldoylecommunitysportshub@gmail.com.

TUESDAY

- Local Enterprise Office Longford are holding a free online 'Start your Own Business Workshop', from Tues 2nd March for 2 evenings per week. For more details go to www.localenterprise.ie/longford.

THURSDAY

- Thursday, 11th March at 7.30 pm: a lecture entitled 'Seán Connolly (1890-1921)' by Dr Eileen Reilly, via MS Teams (link available from decadeofcentenaries@longfordcoco.ie).
- Longford Sports Partnership are hosting Safeguarding 1 (Code of Ethics) training online on Thursday March 4th at 6.30 pm – just two places remaining, interested parties can order via Eventbrite.
- Talk for parents on "Supporting Self Esteem and Resilience in their children" Thursday 11th March at 7.30pm – available to view on Longford Library Service YouTube channel or Facebook page.
- Local Enterprise Office Longford are holding a free online 'How to Create Marketing Videos on a Budget to Promote your Business Workshop', Thur 25th March, 1.30pm to 4.30pm. For more details go to www.localenterprise.ie/longford.

FRIDAY

- Farmers Market - every Friday, Market Square, Longford from 9am - 2pm. Delicious, local fresh produce for all to enjoy.
- Music & Singalong with Angela Reynolds, Musical Director. Angela will bring us on a nostalgic trip down memory lane through favourite songs we know and love. Send email your requests to angelareynolds1@gmail.com or phone (043) 3341124. Fridays at 3pm on County Longford Library Services Facebook page and YouTube channel.

SATURDAY

- HSE Health and Wellbeing have the Stress Control Online programme available free in January, February and March based on a limited timetable on www.stresscontrol.ie.