

The Eist Cancer Support Centre provides emotional support and practical help to anyone affected by cancer, their families and friends. The centre is currently running a variety of programmes including nutrition and mindfulness - please contact Eist at the Waterfront, Mill Lane, Carlow on 059 9139684 for further details.

**Accord Carlow
Pre – Marriage Courses 2019**

May	10th & 11th	Friday & Saturday
June	7th & 8th	Friday & Saturday
September	6th & 7th	Friday & Saturday
October	4th & 5th	Friday & Saturday

To reserve a place book on line at www.accord.ie. For further information please contact: Mary at Accord Carlow phone no 059 9138738, St Catherine's Community Service Centre, St Joseph's Road, Carlow. Email: accordcarlow@eircom.net

THOUGHT FOR THE WEEK

March 8th International Women's Day



**Happy
Women's Day**

**A woman is like a tea bag you can't
tell how strong she is until you put
her in hot water.**

HAVE A WONDERFUL WEEK