



Menopause networking session: Mindfulness with Aoife FitzGerald in person event

```
<style>
/* Course Entry Route */
.row.courseRoute{
  margin-left:0;
  margin-right:0;
  padding-bottom:1em;
  margin-bottom:1em;
  border-bottom: 1px solid rgb(51, 51, 51);
}
.courseRoute div.caption{
  display: block;
  font-size: 0.75em;
  font-weight: 400;
}
.courseRoute .courseTitle,
.courseRoute .courseLength,
.courseRoute .courseType,
.courseRoute .courseDeadline{
  font-weight: bold;
  padding:6px 0;
}
.courseRoute .courseTitle{
  color: #2993d0;
}
.courseRoute .courseApply{
  padding-top:7px;
  padding-left:0;
  padding-right:0;
}
/*ACCORDIONS / COLLAPSE
*****/

.panel-group .panel {
  border-radius: 0;
}

.panel-group .panel+.panel {
  margin-top: 10px;
}

.panel-default {
  border-color: #e7e7e7;
  border-radius: 0;
}

.panel-default .panel-heading {
  padding: 0;
  background: transparent;
  border-radius: 0;
}

.panel-default .panel-title > a {
  display: block;
  padding: 28px 30px 28px 20px;
  font-size: 18px;
  color: #2993d0;
  text-decoration: none;
}

.panel-default .panel-title > a .prefix{
  display:none;
}

.panel-default .panel-title > a .fa {
  float: right;
}
```



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```
.accordionStandard .panel-default .panel-title > a{
  position: relative;
}
.accordionStandard .panel-default .panel-title > a .fa.fa-caret-right {
  float: none;
  display: block;
  position: absolute;
  right: 20px;
  top: 40%;
  top: calc(50% - 10px);
}

.panel-default .panel-title > a: not(.collapsed) .fa:before {
  content: "\f0d7";
}

.panel-body {
  background: #eee;
  padding: 20px;
}

.panel-open-all {
  border-top: 1px solid #e7e7e7;
  margin: 20px 0;
  padding: 20px 20px 0;
  font-size: 18px;
}

.panel-open-all .fa {
  margin-left: 5px;
}

.panel-group > .panel-open-all > a.closeAll > i.closeAll:before {
  content: "\f0d7";
}

.banner .accordion_box .panel-group .panel .panel-heading .panel-title a span.flagExternal{
  background-image: url('https://www.ucd.ie/t4cms/ucdmaincore_new_window_icon.png');
  background-repeat: no-repeat;
  background-position: center center;
  display: inline-block;
  width: 14px;
  height: 14px;
}

/
/*BUTTONS
*****/

.btn {
  border-radius: 0;
}
.btn-spacer{
  height: 34px;
}

.btn.default {
  color: #0a4873;
  background: #eee;
  border: 0;
}

.btn.blue {
  background: #2993d0;
  color: #fff;
}
.btn.blue:hover {
```



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```
background: #45a1de;
}
.btn.darkblue {
background: #0a4873;
color: #fff;
}
.btn.darkblue:hover {
background: #5f839e;
}
.btn.yellow {
background: #f0c650;
color: #0a4873;
}
.btn.yellow:hover {
background: #f8ce58;
}

main#single-column-content {
background-color: white;
}

.image.video img {
display: block;
margin: 0;
}

img {
max-width: 100%;
height: auto;
}

img {
vertical-align: middle;
}

img {
border: 0;
}

img[Attributes Style] {
width: 100%;
}

</style>
```

<!--<h1 class="pageTitle">General Information</h1>-->

<h3>General Information</h3>

<p> Menopause networking session Mindfulness with Aoife FitzGerald in person event</p>

<p>We invite you to the next menopause coffee morning. Keen to enhance your wellbeing? Curious about mindfulness? Aware that meditation might be helpful but finding it difficult, boring, annoying? Hard to know where to start? This Mindfulness and Menopause Session with Aoife FitzGerald might be a good place to start.All genders are welcome! Get practical tips, share stories or just listen. </p>

<p>Date and time: Thursday, 25 April, 10:30 - 11:30</p>

<p>Location:TBC</p>

<p>What you will get from this session:</p>

- An understanding of what mindfulness is (and is not) and how it works
- A look at the research around how it can help with menopause
- Exploring and trying out some practical takeaway tools to help bring mindfulness into your busy day to day lifeQuestions & answers with Aoife

<p>Aoife FitzGerald </p>



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MSW (Social Work),

MSc MBI (Mindfulness Based Interventions)

Aoife is a Mindfulness Teacher and Trainer based in UCD. She currently teaches on the Mindfulness for Health module to undergraduate students as well as offering regular training opportunities to UCD staff. Aoife has delivered Mindfulness training to many community groups and workplace settings.

Aoife's varied background in Social Work includes work in Child Protection, Children and Families and Medical settings. She worked for many years as Student Adviser at UCD and more recently she works as a Mindfulness Teacher as part of her work in UCD in the Community. She completed her Masters in Mindfulness-Based Interventions in Psychology in UCD in 2021 and has completed further training in other mindfulness based interventions including Mindfulness for Life and Finding Peace in a Frantic World with the Oxford Mindfulness Foundation.

Aoife has a personal meditation practice since 2010. She is passionate and inspired by Buddhist psychology and ethics and attends regular retreats and workshops. She meets the requirements of the Good Practice Guidelines for teaching Mindfulness-Based Courses published by the Mindfulness Teachers Association of Ireland (MTAI) and is a registered member.

<div class="text">

<h3>General Details:</h3>

<h10></h10>

<dl>

<dt>Start Date:</dt>

<dd>25 Apr 2024</dd>

<dt>Start Time:</dt>

<dd>10:30</dd>

<dt>Duration(Hours):</dt><dd> 1.00</dd>

<dt>Location</dt><dd>UCD Belfield</dd>

TBC

<dt>Contact Name:</dt>

<dd>edi@ucd.ie</dd>

<dt>Contact Number:</dt>

<dd></dd>

</dl>

<div class="image video">

<img

src=W_HU_REPORTING.P_WEB_IMAGE?p_parameters=3BD002D2D66839190F9CAE7FD8324C383FE26E1C2559674A0A56E085F6B1E6C0A93833D7274714593BD7A63D9D5E0132EA735388CEAE41C01D05539A8C39C3EC WIDTH=100%></div>

</div><!--text-->

<h4>Please note that you must be logged into to avail of the Book Now function. </h4>

<div class="panel panel-default">

<div class="panel-heading" role="tab" id="heading99">

<h4 class="panel-title"></h4>

</div>

<div id="collapse99" class="panel-collapse collapse" role="tabpanel" aria-labelledby="heading99">

<div class="panel-body">

<p></p>

</div>

</div>

</div><!--/panel-->

<iframe

width="100%"



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height="450"
frameborder="0" style="border:0"
src="https://www.google.com/maps/embed/v1/place?key=AlzaSyC54GPiiUtpxQhsRq9fwapW_SVhXsPB01I&q=UCD Belfield+,,,"
allowfullscreen>
</iframe>