He@lthFest 2021

Health Fest 2021 took place on Wednesday 27th January from 2-4pm. The event focused on Physical activity, Nutrition, and mental wellbeing. This event was open to 4th and 5th year students across Ireland. This year's event was brought to over 8000 attendees virtually for the first time. They used an interactive platform to deliver credible information from Irish experts and where students could visit exhibitor stands, win fantastic prizes and take place in a virtual scavenger hunt!

He@lthfest 2021 Guests

- Doireann Garrihy. Radio and TV Broadcaster.
- Professor Niall Moyna. Head of Health and Human Performance, DCU.
- Dermot Whelan. Meditation Expert & Broadcaster.
- Dr Caoileann Murphy. Dietitian.
- Greg O'Shea. Professional Rugby 7's Player.
- Paul Gilligan. Chief Executive of St Patrick's Mental Health Services.

While lockdown put a stop to trips for the TY students, virtual events like HealthFest gives the students an opportunity to take a break from online lessons and participate virtually with their friends. The talks gave us a wide variety of healthy tips and ways to manage our wellbeing, whilst also giving us a break from a few online classes. The event was well organised and the scavenger hunt at the end made it a very enjoyable experience. A huge thank you to Ms. Zimmermann for sorting out registration for the event and giving us the afternoon off from online class!

By Kiera Dempsey and Rachel Goff