


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Videos			01 <u>What is Health Literacy and why is it so important</u>	02 <u>"Supporting a literacy friendly approach in practice." Dr. Austin O'Carroll</u>	03 *  <u>Let's talk about health literacy</u> <small>A course to introduce health literacy.</small>	04 	05 <u>Let's talk about health literacy.</u>
Fact sheets / information			08 	09 <u>Getting health information and support between appointments</u>	10 	11 <u>Health literacy tips for you!</u>	12 <u>NALA Webinar: Health Literacy Matters</u>
Adult Literacy for Life Health Literacy Awareness courses	06  Podcast	07 <u>Getting the most from your health appointments</u>	15 <u>Your health service – health information, advice, supports and services</u>	16 <u>Health promotion publications you can order or download</u>	17 <u>My Child – you guide to pregnancy, baby, and toddler health</u>	18 <u>My Health Checklist – preparing for your appointment</u>	19 
Reliable health information websites	13 <u>What is Health Literacy infographic</u>	14  Podcast	22 <u>Getting test results</u>	23 <u>People need good health literacy skills:</u>	24 	25 	26 
Podcasts / webinars	20 *  <u>Let's talk about a literacy friendly approach in healthcare</u>	21 <u>HSE YouTube Channel shows you a range of health and social service videos</u>	29  <u>You can check to find out if what you see online is true or not. There are lots of trusted sources that can help.</u>	30 	31 <u>Health services explained by Citizens Information</u>		<u>Health literacy awareness courses with certificate are also available on hseand.ie</u> *

Contact

If you have any questions about the content or links in this calendar please contact your local [Regional Literacy Coordinator](#)