

## “Managing our health in shift work”

12<sup>th</sup> November 2019, Institute of Technology Carlow, Kilkenny Rd, Moanacurragh, Carlow



**Motty Varghese**

“Optimising sleep for night shift workers”



**Clare Corish**

“Managing Food on Shift Work”



**Mr Cathal  
Gallagher**

“EMS Mental Health advocate  
and Operation Transformation -  
My Story”

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