



Huntington's Disease
Association of Ireland



Virtual Carers Workshop

with

Dr. Seán O'Connell,

Chartered Senior Psychologist

Facilitated by Liz O'Sullivan, HDAI Family
Support Officer

Do you provide Care to a family member
or loved one living with Huntington's
Disease?

This online Carers Workshop is designed to
support you to consider your own self- care and
provide practical tips to manage stress.

Saturday 25th September

11am – 1pm

To Register

Contact info@huntingtons.ie