

ACTIVITIES: JUNE-JULY 2024



Activities @ Mallow Community Health Project.

Cool Walkers Meet every Tuesday at 11am. For brisk walk, meet at different venues occasionally.

Strollers Walking Group Meet every Thursday at 11am. Slow strolling walk, meet at different venues occasionally.

Chair Yoga for Men: 6 week Chair Yoga, commencing on Monday 10th June @ 11 30 am –12 .30 pm. €20 for 6 weeks classes @ Mercy Centre, Mallow.

Chair Yoga: 4 weeks, commencing on *Monday* 10th June @ 2pm.-3pm. €15 for 4 weeks classes @ Main Hall, Mercy Centre.

Chair Yoga: 4 weeks, commencing on *Wednesday* 12th June @ 2pm-3 pm. €15. for 4 weeks classes @ Main Hall, Mercy Centre.

Sleep Management Information Morning: Wednesday 26th June @ 11 am-1pm. Dr Jean O Hanlon. End Room, Mercy Centre. This is a free event.

Visually Impaired/Blind Information Morning: Monday 17th June. Michelle Withers, Vision Ireland, Gilbert Centre @ 11 am-1pm. End Room, Mercy Centre.

TO REGISTER FOR ANY OF THESE ACTIVITIES PLEASE CONTACT

Community Health Worker Pauline O'Grady-Noonan at (087)4335047 or Email: chp@lecheilefrc.ie



Find us on Facebook @ Mallow Health Project



Find us on Instagram @ mallow-community



Find us on Twitter @HealthMallow.



Find our Website @ www.mallowchp.com

