

ACTIVITIES: JULY/ SEPTEMBER 2023



Activities @ Mallow Community Health Project.

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

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

Chair Yoga: Mallow Community Health Project are running a 6 week Chair Yoga, commencing on Monday 11th September @ 11 am. €20 for 6 weeks classes @ Underground Car Park, Le Cheile

Mindfulness: Mallow Community Health Project are running 6 weeks Mindfulness course, commencing on Wednesday 13th September @ 2pm. €20 for 6 weeks classes @ Back Room, Mercy Centre

Groovy Movers: Mallow Community Health Project are running 6 weeks Groovy Movers commencing on Monday the 11th September @ 2 pm. €20 for 6 weeks classes @ Underground Car Park, Le Cheile

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 @ mallowcommunity



Find us on Twitter @HealthMallow.



Find our Website @ www.mallowchp.com

