

# ACTIVITIES: APRIL– JUNE 2024



## 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:** 6 week Chair Yoga, commencing on Monday 15th April @ 11 am – 12 md. €20 for 6 weeks classes @ Underground Car Park, Le Cheile FRC

**Chair Yoga:** 6 weeks Chair Yoga, commencing on Monday 15th April @ 2pm.-3pm. €30 for 6 weeks classes @ Main Hall, Mercy Centre

**Groovy Movers:** 6 weeks Groovy Movers commencing on Wednesday 17th April @ 2 pm – 3pm. €20 for 6 weeks classes @ Underground Car Park, Le Cheile FRC

**Chair Pilates:** 6 weeks Chair Pilates commencing Wednesday 17th April @ 11 30 am—12 .30 pm. €30 for 6 weeks classes @ Main Hall, Mercy Centre.

**Men's Fitness Class:** 6 weeks Fitness Class commencing Tuesday 23rd April @ 11 30am—12 30mid-day.. €20 for 6 weeks. Youth Centre, CDYS

**TO REGISTER FOR ANY OF THESE ACTIVITIES PLEASE CONTACT**

**Community Health Worker Pauline O'Grady-Noonan at (087)4335047 or Email: [chp@lecheilefrc.ie](mailto: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](http://www.mallowchp.com)

