



Shláintiúil Gaillimh
Healthy Galway

Health & Wellbeing Event

Hosted by Ballinakill
Active Age Club



Open to all
the community
Refreshments
available

FREE Public Talk

Take Charge of Your Health, top tips for a healthy diet
with Croi, the West of Ireland Cardiac Foundation

Staying Fit for The Future
with Galway Sports Partnership

WHERE: Forum Conference Room, Ellis Hall, Letterfrack, Connemara

WHEN: Wed 17th of October 10.30 am – 12.30 pm

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@CroiHeartStroke @LibrariesGalway @galwayruraldev

Supported by Healthy Ireland funding as part
of the Healthy Communities and Lifestyles Project
delivered by Croi on behalf of
Galway County LCDC for Healthy County Galway

For further information

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