

MEN'S HEALTH WEEK

Monday 14th -
Sunday 20th June 2021



Making The Connections

CHECK IN, CHECK UP, CHECK IT OUT

Date & Time	Programme & Location	Contact
June 12th & 19th	Activator Poles for Men, Carramore Meadows Knock	0863226495 Breda
TBC	Yoga, Bonco Wellness Claremorris	Instagram Bonco
June 16th 12-1.15pm	Webinar 'The how of Men's Health' special guest David Brady Guest	Engaging Men Webinar series
June 16th 12pm	Men's exercise class, Kilkelly Astro pitch	Kilkelly FRC kilkellyfrc@kilmovee.info
Tuesday 7.30pm	Walk & Talk, Ballyhaunis Friary grounds, booking required	Tracy 0874479227
Various Times June - 14th 20th	Ballyhaunis Friary Grounds Outdoor gym Equipment & fitness session	Tracy 087 4479227
Father's Day June 20th, 1pm	Aghamore, Walk and Talk, Starting point Aghamore Church	Aghamore Alive, Facebook page, or txt Tracy 0874479227
Saturday 19th	Yoga, Castlebar, Lough lannagh leisure complex, 10am Colm Hynes, outdoors	Eventbrite, or Tracy 0874479227
Various Times	Ballina Men's Fitness	Instagram strandfitness.ie
Various Times	Fitness session to suit you, Peake Physique Ballyhaunis, booking required	0877619365 Ciaran
Pre recorded	Webinar, Why Men's Health	https://youtu.be/Lv6-Y3gofm8
Ongoing	Quit Smoking	Quitsmoking.west@hse.ie

For more information contact Tracy 087 4479227

