

SUPPORTING CHANGE FOR YOUR ACTIVE FUTURE

**BE ACTIVE
BE WELL**

ABOUT THE PROGRAMME

Be Active Be Well is about helping you to make positive physical activity changes

WHO IS THE PROGRAMME FOR?

Any adult who is currently physically inactive or not achieving 150 minutes of moderate intensity physical activity throughout the week

HOW IS THE PROGRAMME DELIVERED?

The programme is facilitated by HSE Health Promotion Officers over 5 x 2hr group sessions in local community venues

WHERE:

**Mitchelstown
Town Hall**

Wednesdays

WHEN:

6th, 13th, 20th & 27th November 2024

****5th Session 22nd January***

TIME:

11am-1pm

REGISTRATION IS ESSENTIAL

**FREE
TO ATTEND**