



LET'S KEEP MOVING

Walkie-Talkie Group

Walk & Talk Your Way into
Regular Exercise with our group

<u>When:</u>	Monday Mornings – 10.30am
<u>Meeting Place:</u>	Courtyard of Fermoy Community Resource Centre, 42 McCurtain Street, Fermoy
<u>Walking Leader:</u>	Jacinta McCormack, Community Health Worker 085 8742320

- ♥ These walks are for people who are doing little or no walking, and are interested in getting moving. Even walking at a brisk pace you can chat with your friends. We start with gentle strolling and work in some scooting along the way and members help to keep each other motivated.
- ♥ Being a member of a walking group is sociable, fun and safe. Joining a walking group will help you to discover new walks in your area and further afield.
- ♥ Please wear comfortable clothing, good walking shoes and bring water. New walkers are always welcome. Walks will not take place if raining heavily. If you would like to find out more, please contact [Jacinta](#) on **085 8742320**.