



**Now
available
to access
Online!**

Do you ...

- **want to get more active through walking;**
- **want to gain the maximum health benefits from your walk;**

...then this workshop might be for you!

This workshop aims to;

- **Outline the physical activity recommendations for health;**
- **Demonstrate simple exercises to improve mobility, balance, strength & aerobic fitness and how these can be incorporated into your routine walk.**

This workshop will be delivered online over 4 weeks; each session is approx 25mins in duration

This workshop is FREE of charge. Registration is essential; e-mail Marta.Kolasa@hse.ie to sign up for the next online course



**Irish Heart
Foundation**



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COMMUNITY HEALTHCARE**