



WellComm

WELL COMMUNITIES CONNECT

Feel Better Together

Sat 12th January 2019

Terence MacSwiney Community College,
Knocknaheeny/Hollyhill, Cork, T23 DY01

Starting with
**OPERATION
TRANSFORMATION**

5k WALK @10am

Starts/Finishes
Terence MacSwiney Community College
via Nash's Boreen, Fairhill,
Churchfield and
Harbour View Road

SAVE
THE
DATE

FREE
ADMISSION
FOR ALL AGES

Followed at 11am-3pm by:

- Health Screenings for Blood Pressure & Diabetes
- Staying Fit for the Future & Physical Literacy Workshops
- Family Art
- Men's Shed
- Yoga & Mindfulness
- Community Café
- Healthy Cities
- Cooking Demos
- Music
- Gardening
- Sit Fit
- Baby Massage
- Just for Dads
- Gamelan Workshop
- Happy Talk
- Warmer Homes Energy Advice
- Youth Software Programming
- Face Painting

&
**LOTS
MORE**

For more details and free workshop registrations check out
thewellbeingnetwork.ie/wellcomm

