



Staying Fit for the Future with “Better Balance Better Bones”

A physical activity programme to improve your strength and balance .This programme is suitable for adults who walk independently and want to stay strong on their feet and falls free for life.

Autum Programmes 2019

Eyeries Community Hall	Pamela Fiorito Monday 7 th October 7pm
Durrus Philip Green Hall	Deirdre Ni Challanain Tues 17 th September 11am
Balineen - BEDA Hall	Norma Mulcahy Wed 18 th September 10am
Kinsale - Saile Sports Centre	Alison Chambers Thurs 19 th September 10.30am
Dromtarriffe Community Hall	Catherine O Reilly Tues 3 rd September 12.30pm
Donoughmore Sport Hall	Shirley Lankford Mon 16 th September 11.30am
Buttevant - Muintir Na Tire Hall	Catherine O Reilly Wed 4 th September 11.30am
Fermoy Youth Centre	Shirley Lankford Thurs 19 th September 10am & 11am
St Finbarr's GAA Club Togher	Shane Mooney Thurs 26 th 11am – 12pm & 12pm – 1pm
Ballintotis Community Centre	Bridget Liston Mon 9 th September 9.30am & 10.40am
Bandon Town Hall	Alison Chambers Thurs 12 th September 12.30pm
Kilmurry - Independence Museum	Norma Mulcahy Thurs 19 th September 6pm & 7pm
Clonakilty Parish Hall	Norma Mulcahy

	Wed 18 th September 11.30am
Ballinscarthy Community Hall	Norma Mulcahy Tues 17 th September 10.30am and 11:30am
Whitechurch Waterloo Community Centre	Catherine O Reilly Thurs 5 th September 11.30am
Midleton GAA Hall	Pamela Barry Thurs 5 th September 9.30am
Cobh Community Centre	Trevor Cummins Mon 7 th October 1:00pm Wednesday 9 th October 1:00pm
Gortroe Community Hall (East Cork)	Fiona O Driscoll Thurs 26 th September 4:00pm & 7.30pm
Parochial Hall Churchfield	Shane Mooney Wed 11 th September 11:00am
Caha Centre Adrioge	Pam Fiorito Thursday 12 th September 8:00pm
Newmarket CYMS HALL	Catherine O Reilly Tues 17 th September 11:00am
Union Hall	Mary Kelleher Thurs 19 th September 11:30am

Dunmanway GAA Pavillion

Mary Kelleher

Wed 25th Sept 11am – 12pm

These weekly classes will be delivered over 8 weeks by exercise professionals who have been trained by HSE Physiotherapists in the Better Balance Better Bones programme.

- ❖ The duration of the course is **8 weeks and each session is 1hr in length.**
- ❖ **Pre Booking is essential. To book a place on one of the programmes listed or to find out more, please contact Cork Sports Partnership on 021-4347096 or email admin@corksports.ie**