

Taster Session



**Better Balance
Better Bones**

A Physical Activity Programme to Improve your Strength and Balance

Call or Text Sinead
085 2537742

Sessions are delivered by Exercise Facilitator who have been upskilled by HSE Physiotherapists in the Better Balance Better Bones Programme.

TRALEE

HSE

Better Balance Bones Taster Session : Friday 14th Oct @ 15.00 -16.00

Venue: Kilgarvan Community Centre.

Organizer: Better Balance Bones

To book place contact Paula@kenmarefrc.ie /087 447 5447



