

Hi Guys,

I am looking for two groups of 12+ participants to take part in a 'Being well' programme. The programme will be held in the gym in LIT from 10:20-11:30 and from 11:45 – 12:45 starting Friday February 24th. If you are interested can you let me know asap.

'Being Well' is a gym based programme for people with disabilities. The programme is led by the Limerick Sports Partnership and LIT students. The programme is one hour in duration and each week participants will be working through a gym programme monitored by a student. Participants will also be given information on Nutrition, Physical activity and healthier lifestyle changes each week.

This programme will cost €3.50 per participant per session. If you need any further info let me know.

Regards,

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