

# Limerick Sportsability Day & Expo



## Find Your Sport!!

**Date: Friday 15th November**

**Venue: UL Arena**

**Time: 10am-1pm**

**This event is suitable for people with a disability, parents, teachers, sports coaches, youth club leaders, students and anyone interested in sport for people with all abilities**

If you have an activity that may be of interest to people with disabilities, or a gym/club which caters for people with disabilities etc. We will have an Expo where you can have a stand or run a taster activity on the day!

**Register your attendance by emailing number of participants to [eshea@limericksports.ie](mailto:eshea@limericksports.ie)**