



Activities at Mallow Community Health Project January/ March 2022

- **Cool Walking Group:** Meet every Tuesday morning at 11 am at various locations around Mallow town. This is a brisk walk, good to get the heart and the mind going, make new friends and enjoy the scenery.
- **Stroller Walking Group:** Meet every Thursday morning at 11 am at various locations around Mallow town. This is an easy stroll, good chat and easy company.....good coffee drinkers
- **Chair Tai Chi:** Commencing on Monday the 24th January at 10 am, Underground Car Park, rear of Le Cheile FRC. 6 week classes. This is Tai Chi with a twist, it is a combination of chair and standing Tai Chi , plus short meditation at the end, warm clothing recommended, led by Ann McIlraith.
- **Knitting through Zoom:** Commencing on the Monday the 24th January at 7 pm for an hour. Tutor Mary Allen
- **Groovy Movers:** Commencing on Wednesday the 19th January at 11 am in Underground Car Park, rear of le Cheile FRC.6 week classes. Exercise to music, listen to all your favourites as your exercise and stretch those muscles.
- **Chair Yoga 1:** Commencing on Monday the 17th January at 2 pm, Underground Car Park at rear of le Cheile FRC.6 weeks' classes, warm clothing recommended. These classes are led by Wendi Griffin with a short meditation at the end.
- **Chair Yoga 2:** Commencing on Wednesday the 19th January at 2 pm, Underground car Park at rear of Le Cheile FRC, 6 weeks 'classes. Warm clothing recommended. Wendi Griffin is leading these classes, finishing with short meditation at the end

For any further information on any of these activities contact: Pauline O Grady-Noonan, Community Health Worker. Phone 087-4335047 or Email : chp@lecheilefrc.ie.

