

# SUMMER GROUPS

Carlow Social Prescribing Service are delighted to offer the following FREE Summer groups to those registered with the Social Prescribing service, PLACES ARE LIMITED EARLY REGISTRATION IS REQUIRED, Maximum 3 courses per person unless additional places become available at a later stage. All activities in St Catherine's C.S.C. R93 T4C6

#1

Chair Yoga x 2 weeks  
Wednesday 6th + 13th July  
4.00-5.30 pm

#2

Cooking skills for One x 2 weeks  
Thursday 7th + 14th July  
2.00-4.30pm

#3

Mindfulness and Self-care x 5 weeks  
Friday 22nd July - 19th August  
2.30pm-4.30pm

#4

Art classes x 3 weeks  
Wednesday 20th, 27th July + 3rd  
August 2.30 pm-4.30pm

#5

Selfcare and Skincare with JP Payne x 2  
weeks  
Tuesday 12th + 19th July  
2.00-4.30pm

#6

Beginners Fitness classes (Light to moderate exercises) x 4 weeks  
Thurs 7th, 14th 21st, 28th July  
12.00-1.00pm

#7

Music and relaxation x 4 weeks  
Tuesday 26th July, 2nd, 9th & 16th  
August  
2.30-4.00pm

Groups will be offered only to those registered with the Social Prescribing Service, Closing date for registration is Tuesday 30th June contact Sinéad 086-4147511 to book a place



The Healthy Ireland fund supported by the Department of Health and the Department of Children and Youth Affairs