

THE IRISH TIMES

# Healthy Town



W I C K L O W

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## Healthy Town calendar of events (weeks 6-8)

### 6. Family Frenzy (Oct 7th – Oct 13th)

- **Mon 7th Oct** Inbhear Dee Athletic Club run. Meet at Leitrim Lounge @ 6.15pm. All welcome to run with the club during the Healthy Town initiative.
- **Tues 8th Oct** – Nutrition Tour (IHf)Gallagher's SuperValu 11am. To book a place contact Niamh O'Keefe on 01 6690299 or email [niamh.okeefe@ogilvy.com](mailto:niamh.okeefe@ogilvy.com)
- **Wed Oct 9th** – Public Talk on Parenting Teenagers by Dr. Sarah O'Doherty, Clinical Psychologist. Grand Hotel, Wicklow Town @ 7pm. To book a place contact Niamh O'Keefe on 01 6630299 or email [niamh.okeefe@ogilvy.com](mailto:niamh.okeefe@ogilvy.com)
- **Wed 9th Oct** @6.30 Cardio Tennis, Wicklow Tennis Club. Event is open to members and non members. To register contact John Brady tel: 0862596965. Please wear appropriate footwear and bring a racquet if you have one.
- **Wed 9th Oct** Ageing with Confidence – Scouts Hall, South Quay, Wicklow. 8 weeks course from 1.30 – 4.p.m. each Wednesday. This course is being organised by Co. Wicklow Network for Older People in conjunction with Wicklow Active Retirement. Contact Anne Kavanagh 087 1500 234 or Peggy O'Sullivan 086 874 1812
- **Wed 9th Oct** Inbhear Dee Athletic Club run. Meet at Murrough Carpark @ 5.00pm. All welcome to run with the club during the Healthy Town initiative.
- **Fri 11th Oct** "Go for Life" Want to know how to become a Physical Activity Leader (PAL) for your Community? Taster One Hour Activity Introductory Workshop to the PAL training course @ 11am-12.15 Old Parochial Hall.
- **Fri 11th Oct** Inbhear Dee Athletic Club run. Meet at Murrough Carpark @ 6.00pm. All welcome to run with the club during the Healthy Town initiative.
- **Sat 12 Oct** Inaugural Fun Run in aid of the Wicklow Hospice Foundation. Begins 10am in the Murrough Car Park. To register and for more information visit [www.precisiontimingsystems.com](http://www.precisiontimingsystems.com)
- **Sat 12th Oct** CrossFit Gym Open Day at Ship Shape Gym, The Sea Front, Wicklow Town. 10am – 6pm.

Activities include free baseline CrossFit works throughout the day, nutrition talk and BBQ. For more information contact Clara 0866818309

- **Sun 13th Oct** Inbhear Dee Athletic Club run. Meet at Lidl - drive to other locations for long run @ 8.55am. All welcome to run with the club during the Healthy Town initiative.
- **The Coral Leisure Centre** is offering reduced rates for all, during Healthy Town, available at 9.00am from Monday to Friday.

### 7. Old Habits Die Hard (Oct 14th- 20th)

- **Mon 16th Oct** Inbhear Dee Athletic Club run. Meet at Leitrim Lounge @ 6.15pm. All welcome to run with the club during the Healthy Town initiative.
- **Wed 18th Oct** Inbhear Dee Athletic Club run. Meet at Murrough Carpark @ 5.00pm. All welcome to run with the club during the Healthy Town initiative.
- **Thurs 17th Oct** – Health Checks, Irish Heart Foundation Open to the public to book your place please contact Ellen Mc Meel Tel: 01-6685001|email: [emcmeel@irisheart.ie](mailto:emcmeel@irisheart.ie)
- **Fri 18th Oct** "Go for Life" Want to know how to become a Physical Activity Leader (PAL) for your Community? Taster One Hour Activity Introductory Workshop to the PAL training course @ 11am-12.15 Old Parochial Hall.
- **Fri 18th Oct** Inbhear Dee Athletic Club run. Meet at Murrough Carpark @ 6.00pm. All welcome to run with the club during the Healthy Town initiative.
- **Sun 20th Oct** Inbhear Dee Athletic Club run. Meet at Lidl - drive to other locations for long run @ 8.55am. All welcome to run with the club during the Healthy Town initiative.
- **The Coral Leisure Centre** is offering reduced rates for all, during Healthy Town, available at 9.00am from Monday to Friday.

### 8. Top Health Risks (Oct 21st – 27th)

- **Mon 21st Oct** Inbhear Dee Athletic Club run. Meet at Leitrim Lounge @ 6.15pm. All welcome to run with the club during the Healthy Town initiative.
- **Tues 22nd Oct** First aid refresher course in the Coral Leisure centre on the 22nd October being organised by Wicklow Local Sports Partnership. Places are limited so will be offered on a first come first served basis. To book a place contact 01 2878184.
- **Wed 23rd Oct** Inbhear Dee Athletic Club run. Meet at Murrough Carpark @ 5.00pm. All welcome to run with the club during the Healthy Town initiative.
- **Fri 25th Oct** "Go for Life" Want to know how to become a Physical Activity Leader (PAL) for your Community? Taster One Hour Activity Introductory Workshop to the PAL training course @ 11am-12.15 Old Parochial Hall.
- **Fri 25th Oct** Inbhear Dee Athletic Club run. Meet at Murrough Carpark @ 6.00pm. All welcome to run with the club during the Healthy Town initiative.
- **Sun 27th Oct** Inbhear Dee Athletic Club run. Meet at Lidl - drive to other locations for long run @ 8.55am. All welcome to run with the club during the Healthy Town initiative.
- **The Coral Leisure Centre** is offering reduced rates for all, during Healthy Town, available at 9.00am from Monday to Friday.

More events to be announced -visit [www.irishtimes.com/healthytown](http://www.irishtimes.com/healthytown) for regular updates.

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