

COME ALONG AND TRY OUR WEEK OF WELLBEING TASTER SESSIONS

14/11
11-11:45

CHAIR YOGA

15/11
9:30-
10:15

**PARENTING
WELLBEING
WORKSHOP**

15/11
11:30-
12:15

ZUMBA

16/11
9:30-
10:30

YOGA FOR ALL

17/11
12-
13:15

**MINDFULNESS
ART**

17/11
2-2:45

**WALKING
FOOTBALL**



Book online through Eventbrite
<https://www.eventbrite.ie/e/fingal-inclusion-week-blakestown-taster-sessions-tickets-459921867687?aff=affiliate1>

or in Blakestown CRC



Blakestown
Community Resource Centre Limited

**Drop in
Health Fair
18th Nov
10-2pm**



Comhairle Contae
Fhine Gall
Fingal County
Council

