

# Step into Spring!

Are you interested in a walk and a chat?

Thursdays @9:20am

Starting Thursday 3<sup>rd</sup> February 2022

Please join us in Bawnogue Church Carpark

Eircode: D22CP40

***Bring your Buggies! Bring a Friend – The More the Merrier!***

If interested just turn up!



**All levels of fitness welcome**

Please contact Colm Sweeney on 086-0420896, or email

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