

# MOVE FOR LIFE



Promoting Physical Activity for Health



Could you Benefit from  
being a little more  
physically active?  
Meeting new people?  
Then come join us!

Move for Life is a research study being run by the University of Limerick in association with Limerick and Clare Sports Partnerships. We need 300 adults **45+ years** from Clare who would like to become more active. We will provide each area with four fun free physical activity programmes that include: **Bike for Life**, **Get Ireland Walking**, **Men on the Move** and **Go for Life Games**. All programmes will run for **8-12 weeks**. It is a great opportunity to meet others and to help you live a more active and healthy lifestyle.

Register online at [www.moveforlife.ie](http://www.moveforlife.ie) or call Clare Hub Tel: 065 6865434

## Clare Hub Information Evenings

Venue		Date & Time	
Shannon Leisure Centre	Monday	30 <sup>th</sup> July	7:00pm
Sixmilebridge and District Community, Active Building	Tuesday	31 <sup>st</sup> July	7:00pm
Cloughleigh Community Centre	Wednesday	1 <sup>st</sup> August	7:00pm
Clarisford Park Killaloe	Thursday	2 <sup>nd</sup> August	7:00pm
St Flannan's College Ennis	Tuesday	7 <sup>th</sup> August	7:00pm
Lahinch Seaworld	Wednesday	8 <sup>th</sup> August	7:00pm
Ennistymon Community Centre	Thursday	9 <sup>th</sup> August	7:00pm
Killaloe/Ballina Family Resource Centre	Tuesday	14 <sup>th</sup> August	7:00pm