

Making Connections

Walk & Talk Programme

In Partnership with the HSE

CHURCHTOWN | AGE 65+
Wednesdays 10:30 - 12:00

Group 1: 20 Mar - 8 May (inclusive)
Group 2: 22 May - 10 Jul (inclusive)
Group 3: 24 Jul - 11 Sep (inclusive)
Group 4: 25 Sep - 13 Nov (inclusive)

Week 1 : Intro & Physio Assessment
Physio Room, Level 2, HSE Primary Care
Centre, Churchtown between Mr Price &
Harvey Norman (lift access). Free parking

Meeting point for walks: Post Office,
Nutgrove Shopping Centre. Walk in Loreto Park.
Finish with coffee and chats at Starbucks.

To participate in this free 8 week programme

A referral is required from a HSE clinician or GP

Increase
Physical
Activity

Benefit from
Social
Engagement



FOR FURTHER INFORMATION:

Ph: 01 295 1053

E: info@makingconnections.ie

Making Connections,
Befriending & Wellbeing Supports

TO MAKE A REFERRAL

Complete an online form at:
www.makingconnections.ie

