

Making Connections

Walk & Talk Programme

In Partnership with the HSE

LEOPARDSTOWN | AGE 65+

Tuesdays 10:00 - 11:30

17th Sep - 5th Nov 2024

WEEK 1 & 8: INTRO & PHYSIO ASSESSMENT

HSE Leopardstown Primary Care Centre

Unit 12, Leopardstown Shopping Centre,
Ballyogan Rd, D18P3V8 (between Domino's
Pizza & the flower shop). Free parking

WEEKS 2-7: WALK & TALK

Local group walk through local park.
Finish at Vanilla Pod Café (socialise with
other participants)

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 | CHY21301
Supporting Older People in the Community

TO MAKE A REFERRAL

Complete an online form at:
www.makingconnections.ie

