LINC HEALTH WEEK 2019 SATURDAY 2ND FEBRUARY

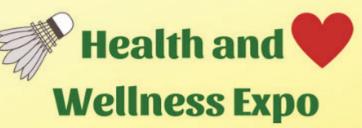


1999-2019

info@linc.ie 021 4808600 www.linc.ie LINC HEALTH WEEK 2019

SUNDAY 3RD FEBRUARY

11 AM TO 1PM



Sign up for any of our 6 week workshops:

- Boxing
- Badminton
- Dance
- Managing Stress/Anxiety through hypnosis
- Couch to 5k
- Cork Rebels
 Football
- 12 Steps

11-1pm in LINC

SUNDAY 3RD



FOLLOWED

BY OUR

PLEDGE FOR

HEALTH

PRIZE GIVING

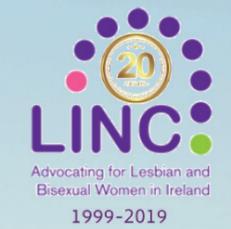
CEREMONY

1PM





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LING HEALTH WEEK

29 JAN

TO

3RD FEB

MAKE 2019
A BETTER YEAR
FOR YOU!

LINC HEALTH WEEK 2019

TUESDAY 29TH JANUARY 4 PM

You are cordially invited to the launch of

LINC HEALTH WEEK



Sporting Legend Valerie Mulcahy will launch our health week on Tuesday the 29th of January at 4pm

This event is open to the public, please share with any people or groups who may benefit. Refreshments provided RSVP to info@linc.ie

ALL DAY IN LINC

Pledge for Health

The Pledge for Health invites participants to sign up for the VIP treatment section of LINC's Health Week. Each day, those of us who sign up will receive incremental steps challenges, complete mindfulness practices and attend Health Week workshops (minimum of 1 during the week). The majority of 'pledge communication' takes place online

through a Facebook group where steps challenges completed, encouragement and mindfulness tasks will be posted allowing participants from all around the county to take part and interact with the other pledges. The group will also be provided with helpful guidelines around maintaining good health with ease. The pledge culminates in the Health and Wellness Expo on Sunday the 3rd of February at LINC

where a variety of sports, support groups, and wellness initiatives will be showcased. Each 'pledge' is asked to sign up for a six week programme (provided by LINC) with the intention of forming good habits through and with our community.

LINC HEALTH WEEK 2019



riped people to deal with life-changing medical issues and later stress nanagement in relation to cardiac conditions where stress impacted negatively on people's health

Her current work is community based. this workshop will cover some basics of stress and ways of addressing it. The workshop will also include a relaxation component.

20 Places Available To Book your place please contact us on 021

TUESDAY 29 JANUARY 2019

Steph (a.k.a. Ms. Gay Ireland) hosts 'Just Be You' body positivity workshop which promotes acceptance of who you are and moving forward with that through self-love and love for others. This workshop is tailor made to fit our community - a version of which was a hit at Pink training 2018. We're excited to welcome 'Just

Be You' to LINC.

LINC HEALTH WEEK 2019

THURSDAY 31ST JANRUARY







With Toddy Hogan Learn all about Slimming World with Toddy. Achieve your dream while still enjoying your favourite foods. Slimming

Friday 1st February at 5pm in LINC





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