



## ACTIVE BODY ACTIVE MIND –2013

The Active Body, Active Mind (ABAM) programme is an eight-week, female only programme for job-seekers and social welfare recipients in conjunction with Waterford Sports Partnership and Dunhill Multi-Education Centre. The programme aims to encourage females to take part in sports taster sessions, including Pilates, Gym induction, Boxing etc. which will be organised by Waterford Sports Partnership and recession beating modules in financial management, CV and interview skills, basic household repairs etc. which will be delivered by Dunhill Multi-Education Centre.

This programme will be delivered in September 2013 every Tuesday and Thursday between 9.45 and 11.45am and is being funded by the Irish Sports Council, Dunhill Multi-Education Centre, Pobal and Waterford Sports Partnership. If you would be interested in taking part, please complete the Expression of Interest Form below.

### Expression of Interest Form

**Participant's Name:**

\_\_\_\_\_

**Date of Birth:**

\_\_\_/\_\_\_/\_\_\_

**Address:**

\_\_\_\_\_  
\_\_\_\_\_

**Contact No. :**

\_\_\_\_\_ (home) \_\_\_\_\_ (mobile)

**Email:**

\_\_\_\_\_

**Economic/Employment Status:**

Job Seeker

☐

Back to Work Allowance

☐

Back to Education Allowance

☐

Invalidity Pension

☐

One Partner Family Benefit

☐

Long Term Disability Benefit

☐

**Please send completed form by Friday 12<sup>th</sup> July to:**

Sarah Chadwick, Assistant Sports Development Officer,  
Waterford Sports Partnership, Civic Offices, Dungarvan, Co Waterford

or

Trevor Cleary, Dunhill Enterprise Centre, Dunhill, Co. Waterford.