

# PENS AND PERSPIRATION

FOR MEN WHO WANT TO GET MENTALLY  
& PHYSICALLY ACTIVE AGAIN!

Interested in a **Back to Work** programme led by WLP ?

Like to get **Back to Sport** & try new activities led by WSP?

Why not sign up for this **12 week** programme?

## THE PROGRAMME . . .



To be held in **Tramore and Dungarvan.**



Open to **20 - 35** and **36 - 50** year old men in receipt of a social welfare payment



**Nutrition & Benefits of Exercise** talks plus session in 4 sports from **Athletics/Tennis/Swimming/Gym/Badminton/Surfing/Hill-walking/Golf**



The sports sessions will take place on **Tuesdays.** Preparation for Work sessions on **Thursdays** with **Waterford Leader Partnership**



The cost of this programme is covered by **Waterford Leader Partnership & Waterford Sports Partnership**

**40 PLACES IN TRAMORE & DUNGARVAN - EARLY BOOKING ADVISED**  
OPEN DAY - TRAMORE TUESDAY 22ND JUNE, MAJECSTIC HOTEL - 10 to 11am  
OPEN DAY - DUNGARVAN THURSDAY 24TH JUNE, LAWLORS HOTEL - 10.30 to 12pm

**IF INTERESTED PLEASE CONTACT**  
**WATERFORD LEADER PARTNERSHIP on (058) 54646**