

Connect Fit



INSTITUTE of
TECHNOLOGY

CARLOW

Institiúid Teicneolaíochta Cheatharlach



County Carlow
Local Sports Partnership

healthcore
connecting for wellbeing



CARLOW
COUNTY COUNCIL



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

FREE

OVER 60'S

10 WEEK

AT HOME

EXERCISE PROGRAMME



- All Equipment Provided
- Support for 10 Weeks
- 2 Sessions Per Week



What You Need:

- Access to the Internet
- GP Clearance to Exercise



Contact Details:

Phone:
087 912 1497

Email:
deborahfoley@carlowcoco.ie

KEEP WELL

IN YOUR COMMUNITY

WWW.CARLOWSPORTS.IE