



**SAT JULY 4<sup>TH</sup> @**  
**8AM**  
**TALK THE**  
**WALK** @ GLENNON BROS PEARSE PARK

**JOIN LONGFORD GAA**

COMMENCING AT Glennon Bros Pearse Park, just 5 k via by-pass and mall and finishing back at Glennon Bro pearse park for light Breakfast



**Talk the walk to  
promote health  
and well-being**

**It's not a race just  
a walk and chat**

**Registration €10  
proceeds to The  
Samaritans**

**Never be afraid to  
talk about your  
problems;**

**It's a sign of  
strength**

**Registration from  
7.30 am in Aras Ui  
Bhriann Pearse  
Park**

**QUERIES**

To  
Theresa Duffy  
Health and Wellbeing  
Officer Longford  
County Board .

0867985076