



## Age and Opportunity CarePALS workshops for Spring/Summer 2024.

The aim of our CarePALS initiative is to enable care staff to deliver physical activity sessions to those in their care, which can be included as part of their daily or weekly routines, without additional costs to the care setting.

Participants are not expected to have any background or formal experience in leading physical activities but they will need to have an interest in learning to lead physical activities. CarePALS involves a 2-day training course and is funded by the HSE, so is free to participants.

Upcoming CarePALS Training 2024			
CHO	Location	Dates	Area
CHO1	Monaghan	17th and 24th January	Knockaconny
CHO2	Roscommon	22nd and 29th January	Ballinderry
CHO3	Clare	9th and 16th February	Ennis
CHO4	Cork	23rd of February and 1st of March	Wilton
CHO5	Kilkenny	22 <sup>nd</sup> and 29 <sup>th</sup> of April	Kilkenny Town
CHO6	Dublin South	18th and 25th April	Dun Laoghaire
CHO7	Kildare	14th and 21st of May	Kildare Town
CHO8	Laois	6th and 13th June	Potlaoise
CHO9	Dublin North	19th and 26th June	Dublin North
CHO1	Sligo	20th and 27th June	Ballinode

If you are interested in attending any of the above workshops or would like further information, please **contact Máire Murphy (PALs Coordinator) at [maire.murphy@ageandopportunity.ie](mailto:maire.murphy@ageandopportunity.ie)**

