

# Woodlands for Health



**Woodlands for Health is returning to Limerick**

**This 12 week walking programme will restart on Friday 25th March 2022 .**

**Bus will depart from Arthurs Quay at 10.30 am.**

**Walks will take place in Curraghchase Woods.**

**Interested? Get more information from:-**

Please contact Liam Cantwell @ [lcantwell@limericksports.ie](mailto:lcantwell@limericksports.ie) or 0872562580 for more information or to register your interest.