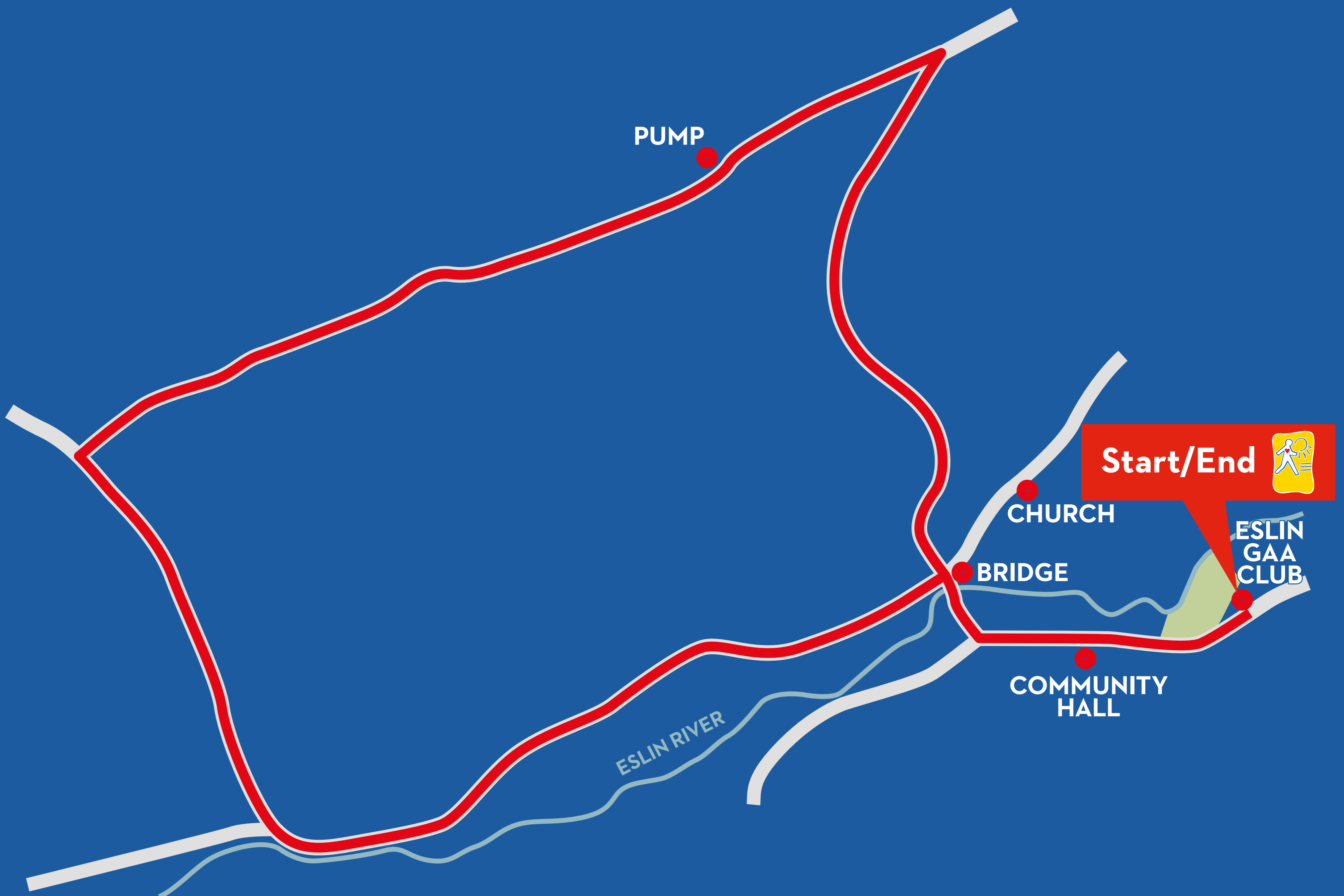




Irish Heart
Foundation

Irish Heart Foundation

Eslinbridge Slí na Sláinte



— Eslinbridge Slí na Sláinte - 8.5km



For health benefits you need to walk at a moderate intensity for at least 30 minutes, 5 days a week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions.

Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

www.irishheart.ie www.stroke.ie



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development



Comhairle Chontae Liatroma
Leitrim County Council

GAA Healthy Clubs