YES, I'd like to support the **Irish Heart Foundation's** goal to reduce death and disability from heart disease and stroke.

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I am happy to receive communications by: Email Phone Post			
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a Member of the Direct Debit Scheme, in which no later than 13 months after the date of debiting			



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ors of Direct Debits participate If you authorise payment by Direct Debit, then : You are entitled to request a refund of any Variable Direct Debit the amount of which exceeded what Your Direct Debit Originator will notify you in advance you could have reasonably expected, subject to of the amounts to be debited to your account you so requesting your Bank within a period of Your Bank will accept and pay such debits, provided 8 weeks from the date of debiting of such Dire that your account has sufficient available funds Debit to your account. If it is established that an unauthorised Direct You can instruct your Bank to refuse a Direct Debi Debit was charged to your account, you are payment by writing in good time to your Bank quaranteed an immediate refund by your Bank You can cancel the Direct Debit Instruction by of the amount so charged where you notify your writing in good time to your Bank bank without undue delay on becoming aware of

PLEASE RETURN IN AN ENVELOPE TO: THE IRISH HEART FOUNDATION. 4 CLYDE ROAD, BALLSBRIDGE, DUBLIN 4

Let's GO Walking ...

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes a day.
- Drink a glass of water before and after your walk and don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- Try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless.
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start. Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.



Supported by Smarter Travel funding from the Department of Transport, Tourism & Sport, Dublin City Council and Waterways Ireland

Slí na Sláinte

A regular programme of walking...

- Keeps your heart strong
- Improves muscle strength
- Helps to manage your weight
- Makes you feel good
- ...but above all walking is fun!

Physical Activity

- Reduces risk for several chronic diseases including heart disease, stroke, high blood pressure. osteoporosis, anxiety and depression.
- For health benefits you need to walk for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

Help to maintain Slí na Sláinte

along the canal to Waterways Ireland Eastern Office on 01 8680148. Please report any missing/damaged signs to Roads and Traffic Planning Division, Dublin City Council on 01 222 2257

The Irish Heart Foundation 4 Clyde Road, Ballsbridge, Dublin 4. T. 01 668 5001 F. 01 668 5896 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787 www.irishheart.ie www.stroke.ie Charity No: CHY5507

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www.irishheart.ie



Let's Go Walking...

Drimnagh Slí na Sláinte

Slí na Sláinte

Supported by Smarter Travel funding from the Department of Transport, Tourism & Sport, Dublin City Council and Waterways Ireland





Drimnagh & Lansdowne Valley Park Slí na Sláinte

Lansdowne Valley Park Slí na Sláinte 1.2km

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Located along the Camac River in Drimnagh, between Slieve- An 18 hole pitch and putt course dominates the southern end nature conservation.

bloom Road, Naas Road and Davitt Road, the park extends to while the remainder was developed to provide opportunities about 14 hectares (34.6 acres). Developed in the early 1990s the for habitat creation and nature conservation with the park park strikes a balance between providing for recreation and forming an important link in the green infrastructure of the area given its proximity to the Grand Canal at Davitt Road and connections to Dublin City.

The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended minimum of thirty minutes of physical activity 5 days of the week. You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. Simply follow the km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

Drimnagh Loop Slí na Sláinte 2km

The Grand Canal loop of the Drimnagh Slí na Sláinte runs between the locks at Blackhorse and Goldenbridge, which are 1km apart. The Grand Canal links Dublin Bay with the River Shannon in County Offaly over a distance of 131km. Built between circa 1756 and 1803 the canal originally stopped at the Grand Canal Harbour at the Guinness Brewery, but this was closed in 1974 and now forms part of the LUAS route between Suir Road and Fatima. The last cargo boat on the canal carried kegs of Guinness in 1960, and barges carried passengers until around 1850. The paths on either side of the canal were used by horses that pulled the barges between the locks until the early part of the 20th century. The canal is looked after by Waterways Ireland, a North/South Implementation Body for the inland navigable waterways systems, established in 1999.

THE IRISH HEART FOUNDATION **4 CLYDE ROAD** BALLSBRIDGE DUBLIN 4