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

Persona NAME:	al Details	P00246
ADDRESS:		
EMAIL:		
PHONE:		
MOBILE:		

Credit Card (one-off)

I would like to make a gift of:			
€45 €75 €125 €250* OTHER €			
Visa Mastercard Laser Laser Laser I Laser Laser Mastercard			
Expiry date: / Security Code **			
Signature: Date:			
Direct Debit (monthly)			
€10 €15 €18 €21* OTHER € PER MONTH			
Bank Name:			
Address:			
Account Name:			
Sort Code:			
Signature: Date:			
*If you are a PAYE tax payer, gifts of €250 in one year (€21 per month) could be worth up to an extra 70% to us at no extra cost to you. ** Last 3 digits on the signature strip on the reverse of your card.			
Preferences Do you need a postal receipt?: Yes No (sawes us 54c)			
I am happy to receive communications by: Email Phone Post			
This is a guarantee provided by your own Bank as the unauthorised Direct Debit, and in any event a Member of the Direct Debit Scheme, in which no later than 13 months after the date of debiting			
Banks and Originators of Direct Debits participate. of such Direct Debit to your account.			
If you authorise payment by Direct Debit, then : You are entitled to request a refund of any Variable Direct Debit Originator will notific you in a drago			

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a Member of the Direct Debit Scheme, in which Banks and Originators of Direct Debit sparticipate.
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 You raken than will accept and pay such debits, provide that your account available funds.
 You raken that an unauthorised Direct Debit was changed to your account, you are guaranteed an immediate refind by your Bank.
 You can instruct your Bank to refuse a Direct Debit was changed to your account, you are guaranteed an immediate refind by your Bank.
 You can cancel the Direct Debit thstruction by

writing in good time to your Bank.

PLEASE RETURN IN AN ENVELOPE TO:

bank without undue delay on becoming aware of

THE IRISH HEART FOUNDATION, 50 RINGSEND ROAD, 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 The Irish Sports Council and the HSE

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

Please report any dangerous obstacles or missing/damaged signs to: ACARD Ltd T: 066 9472777 E: acardsiveen@gmail.com

> The Irish Heart Foundation 50 Ringsend Road, 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 © Irish Heart Foundation 2014

www.irishheart.ie

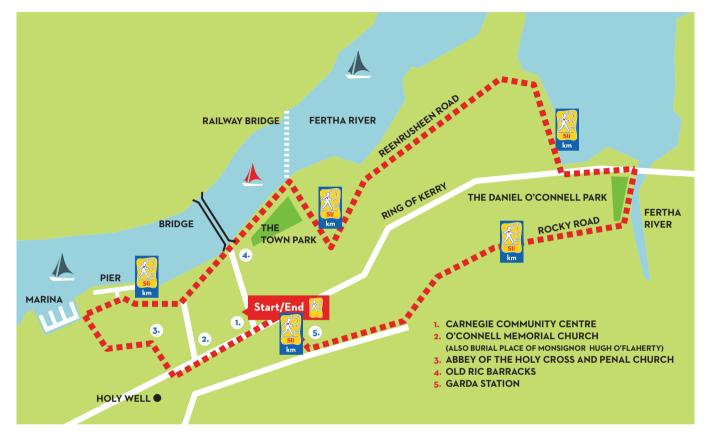


Let's Go Walking...

Slí na Sláinte

Co-funded under the Rural Development (LEADER) Programme administered in this area by South Kerry Development Partnership Ltd. Privately sponsored by Cahersiveen Tidy Towns (Supported by local traders and the Community).

Cahersiveen Slí na Sláinte 5Km



Co-funded under the Rural Development (LEADER) Programme administered in this area by South Kerry Development Partnership Ltd. Privately sponsored by Cahersiveen Tidy Towns (Supported by local traders and the Community).



Cahersiveen Slí na Sláinte

The name Cahersiveen is derived from 'Cathair Saidhbhín', the stone fort of Little Sive. The Slí na Sláinte route begins at the Carnegie Community Centre. Head back past the O'Connell Memorial Church (named after 'The Liberator', Daniel O'Connell). Continue on back the town taking the 2nd right down by the Abbey of the Holy Cross and Penal Church towards the Marina and Pier. From there walk towards the Old RIC Barracks and through the town park with the Great Southern and Western Railway (GS&WR) Iron Bridge on your left. As you leave the park, look out for the Old Hospital Building on your right. Go past the Fire Station and left down Reenrusheen. Crossing the main Ring of Kerry road, go through the Daniel O'Connell Park overlooking O'Connell's birthplace. To complete the walk, turn right up the Rocky Road taking in the stunning vistas of the town and River Fertha as you head back towards the Community Centre.

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.

THE IRISH HEART FOUNDATION 50 RINGSEND ROAD DUBLIN 4