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

Persona	al Details	APP00246
NAME:		
ADDRESS:	••••••	
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Credit Card (one-off)

l would like to make a gift of:	
€45 €75 €125 €25	0* OTHER€
Visa Mastercard Laser	Laser only
Card number:	
Expiry date:	Security Code **
Signature:	Date:

Direct Debit (monthly)

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*If you are a PAYE tax payer, gifts of (** Last 3 digits on the signature strip) could be worth up to	o an extra 70% to us at no extra cost to you.
Preferences D	o you need a postal receipt?	: Yes	No (saves us 54c)
I am happy to receive communi	cations by: Email	Phone	Post
	This is a guarantee provided by a Member of the Direct Debit So Banks and Originators of Direct	cheme, in which	the unauthorised Direct Debit, and in any event no later than 13 months after the date of debiting 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 the amount of which exceeded wha 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 8 weeks from the date of debiting of such Direct Your Bank will accent and nav such dehits provided 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 Debit Debit was charged to your account, you are guaranteed an immediate refund by your Bank payment by writing in good time to 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

PLEASE RETURN IN AN ENVELOPE TO: THE IRISH HEART FOUNDATION.

bank without undue delay on becoming aware of

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

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- 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

or missing/damaged signs to: Meath County Council -Ashbourne Municipal District office 01-8358000

> 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

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www.irishheart.ie





Ashbourne Slí na Sláinte

Supported and co-funded by Ashbourne Tidy Towns, Meath County Council and Meath Sports Partnership. Privately sponsored by local clubs and businesses in Ashbourne

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Privately sponsored by local clubs and businesses in Ashbourne.

The Ashbourne Sli na Sláinte route is a 4km picturesque looped route through Ashbourne. The route commences at the Garda Station and proceeds along Milltown Road past the playing fields. At the pedestrian bridge, cross over the Broadmeadow River and continue along the path passing between Gaelscoil na Cille and Ashbourne Community School. On the left you will also pass Ashbourne Community Centre. At the intersection to the old N2 (R135) continue through Alderbrook.

This route continues through Garden City passing by the shopping area and along the back of St. Declan's National School. With Crestwood on the right the path continues to an open green area. Take a left at beginning of the open space towards the old Killegland cemetery. At the laneway leading to the cemetery take a right turn.

Continue along this route towards the roundabout for the GAA club, crossing over the Broadmeadow River once again. Continue straight through the roundabout and as you proceed along Castle Street you will pass Cluain Rí and Kilderry Hall on the left side, with Seagrave Square on the right.

At the intersection with the old N2 (R135) take a right turn back towards the centre of Ashbourne. You will pass St. Declan's Credit Union and further down will pass the Arkle statue.

At the Pedestrian lights infront of the church cross over Frederick Street to Conway's Pharmacy. Continue along the east side of the street to complete the 4km Sli na Sláinte route at Ashbourne Garda Station.

Distance-Time	4 kilometres/approx. 45mins
Difficulty	Easy
Terrain	Road
To Suit	All levels of fitness
Start/Finish Point	Garda Station
Minimum Gear	Walking shoes and rain gear
Grid Ref	53.5113576.396966

Ashbourne Slí na Sláinte proudly sponsored by: Ashbourne Tidy Towns Meath County Council, Meath Local Sports Partnership, St. Declan's Credit Union, Donaghmore Ashbourne GAA, Ashbourne United, Killegland FC, Conway's Pharmacy, Ashbourne Playspace Network.

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 five 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

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