

THURSDAY
**Oct.
20th**

5,000 STEPS

TO WELLBEING WALK

1st
25
GET a
FREE
T-SHIRT

Starting 10.30am at



TDMHA

Tuam & District Mental Health Association

from Bishop Street Car Park

Registration
€5



Bishop St - Dunmore Rd - Milltown Rd



093 24371

email: tuammha@mentalhealthireland.ie