



Inclusive Fun Family Fitness

 **Donegal
Sports
Partnership**
— SPORT IRELAND —

Donegal Sports Partnership in conjunction with Paul Smyth Inclusive Health & Fitness are bringing Online Fun Family Fitness to your home.

 **PAUL SMYTH**
INCLUSIVE HEALTH & FITNESS

Targeting: Families who have a family member with a disability

Start date: Tuesday 26th May

When: Tuesdays & Thursdays from 10.00-10.30am

Don't worry if you miss the live sessions, they will be recorded and saved to the group so they can be done anytime.

- 2 live sessions (Facebook 30 mins) per week for 4 weeks
- Family fitness challenges each week
- Interact with other families in our private Facebook group

Booking: <https://dspiff.eventbrite.ie>



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