




## Fit 4 U 2 Programme – May 2022

During the month of May, the Fit 4 U team will be facilitating weekly walking groups in each locality.

<b>Dungannon Walks:</b>		
Fit 4 U walking groups are inclusive of those who are walkers, self-propelling wheelchair users, those using mobility aids and mobility scooters. Trained Walk Leaders and volunteers support walking groups.		
<b>Tues 3<sup>rd</sup> May</b>	<b>2:00 pm to 3:00 pm</b>	<b>Dungannon Park</b> Meet in carpark beside fishing lodge
<b>Tues 10<sup>th</sup> May</b>	<b>2:00 pm to 3:00 pm</b>	<b>Dungannon Park</b> Meet in carpark beside fishing lodge
<b>Tues 17<sup>th</sup> May</b>	<b>2:00 pm to 3:00 pm</b>	<b>Dungannon Park</b> Meet in carpark beside fishing lodge
<b>Tues 24<sup>th</sup> May</b>	<b>2:00 pm to 3:00 pm</b>	<b>Dungannon Park</b> Meet in carpark beside fishing lodge

Fit 4 U are also continuing online exercise sessions via Zoom during the month of May. Please note change of day, sessions will take place on a Monday morning.

<b>Online Exercise Sessions:</b>	
<p><b>Exercise to Music</b></p>  	<p><b>Mon 9<sup>th</sup> May – 11:00 am to 12:00 pm</b></p> <p><b>Mon 16<sup>th</sup> May – 11:00 am to 12:00 pm</b></p> <p><b>Mon 23<sup>rd</sup> May – 11:00 am to 12:00 pm</b></p> <p><b>Mon 30<sup>th</sup> May – 11:00 am to 12:00 pm</b></p>

To register your interest in the walking group or online exercise sessions or for more information, please contact Rhonda Richardson, Fit 4 U Co-ordinator via phone, text or email.

Regards,

Rhonda Richardson

Fit 4 U Co-ordinator

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