

# Start your transformation on walks in Meath!

Meath LSP in association with RTE's Operation Transformation programme are delighted to welcome one of the OT leaders for 2016, Lucy Dillon (from Fordstown, Kells) & Operation Transformation Presenter, Kathryn Thomas to Kells this Saturday as part of the National walk day. This is the second time in the life of the OT programme which Meath has had a leader - the last time was Sinead Heffernan in 2011 on the Hill of Tara. The following year almost 2000 people came out to walk with Sinead in Trim - this year we want the same support and more for Lucy!

We are encouraging everyone of all ages to come out and walk with us this Saturday. If Kells doesn't suit you why not try either of the other 2 venues Navan or Trim? Details below:

- Kells - meet at 9.45am in the Fairgreen car park opposite Supervalu
- Navan - meet at 9.45am in Blackwater park
- Trim - meet at 9.45am on Castle street

Out of respect to all walkers and in the interest of Health & Safety, we would kindly ask dog owners to leave the dogs at home this Saturday. Children must be accompanied at all times by an adult. Walkers in Kells & Trim are asked to wear hi vis vests as both walks take place on roads with live traffic.

Kells Resource centre are kindly offering to provide healthy snacks and refreshments in their centre after the walk in Kells. Gormleys pharmacy (beside Supervalu) are offering all walkers the opportunity to avail of free health checks on Saturday 9<sup>th</sup>.

Please see flyer and press release attached for further information. Please like and share on facebook- [www.facebook.com/meathlocalsportspartnership](http://www.facebook.com/meathlocalsportspartnership)

**So come on, Make YOUR MOVE on Saturday 9<sup>th</sup> January!!!**

Regards,

**Marcella Mitchell** | Administrator | Meath Local Sports Partnership | Enterprise Centre | Trim Road | Navan | Co. Meath C15 F6XT

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