

ACTION MEN



C'MON LADS!



Step outside and Take 5 advantages of the great outdoors.

For further details and to register your interest in any of the following **FREE** activities please contact:
Frances Haughey by emailing frances.haughey@armaghbanbridgecraigavon.gov.uk or by telephone **07500 772905**
Book early as numbers are limited and registrations will be on a first come basis.

MONDAY 21ST MARCH

⌚ 10am - 12noon

Outdoor Bootcamp & Mindfulness

📍 Torrent Complex, Donaghmore

TUESDAY 22ND MARCH

⌚ 10am - 12noon

Outdoor Pursuits Session

Please note this programme is only for men with physical disabilities.

📍 South Lake Leisure and Water Sports Centre, Craigavon.

WEDNESDAY 23RD MARCH

⌚ 10am - 12noon

Bush craft

📍 Red Branch Bush Craft, Longfield Road, Forkhill.

Lift provided from Newry Leisure Centre.
Bus leaves at 9:15am sharp.

THURSDAY 24TH MARCH

⌚ 10am - 12noon

Mindfulness in Nature

📍 Clare Glen Forest, Tandragee.

FRIDAY 25TH MARCH

⌚ 10am - 12noon

Introduction to Coarse Angling

📍 Loughgall Country Park.

Geared for those that have never fished before or held a NI fishing licence/permit. (licence/permit provided).

