



MBL

TRANSFORMATION

**MOYCARKEY-BORRIS-LITTLETON
WALKING PROGRAMME**

**STARTS WEDNESDAY 23RD JANUARY @ 7.30PM
IN MOYCARKEY-BORRIS
COMMUNITY SPORTS CENTRE, LITTLETON**

**NODOGS ALLOWED.
WALK AT YOUR OWN PACE!
DISTANCE STARTING AT 4KM.
EVERY WEDNESDAY FOR 8 WEEKS.**

**Cost
€10
plus
booking
fee**

**For online registration and further details go to
www.tipperarysports.ie or phone 0761-06-6201**

Hi-Vis and Hand/Head torch essential.

