

## OMAGH SUPPORT AND SELF HELP GROUP

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## **WALKING CLUB**

The Walking Club are holding a relaxed walk on **Sunday 7th March**. We will be heading to Portrush. After completing our walk lunch will be provided in the Giants Causeway Hotel.

This is a great opportunity to get out in the fresh air and meet up with friends. So put on your walking shoes and come along!

A bus will leave from the Crevanagh Park and Share at 10.00 am on Sunday 7th March 2010.

A further walk in Donegal Town will take place on **28th March**, and once again the bus will leave from the Crevanagh Park and Share at **10 am.** A meal will also be provided that day as well.

In January this year 12 people failed to participate in Group activities that they had volunteered for. This denies others the opportunity and can damage your chances of being involved in future events if you do not provide at least 3 days of cancellation.



If you are interested in any of the above please contact the group Secretary, Godfrey Wilson on **(028) 8225 9877** to book you place. Places are limited so book now to avoid disappointment.



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