

Kayaking for Carers

A Water Workshop Focusing on Health and Life On and In The Water

A Free Workshop for Family Carers

As Part of European Week Of Sport

- Take some time for yourself
- Learn something new
- Connect with Nature

Wednesday 27th September

5pm to 6.30pm

West Cork Kayak Club,

Tragumna

Places limited to 10 Maximum (on a first come first served basis).

Follow up options are available

For more information or to book a place contact

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Canoeing
Ireland

SUSTAINABLE DEVELOPMENT GOALS

