



Buggy Fit Classes

Where: Mulhuddart Community Centre

When: Thursdays, 10.00am to 11.00am

Start date: December 1st

Duration of the programme: 9 weeks

Buggy Fit is a safe and effective workout. You'll have no childcare concerns, as your workout will be tailored around your baby and their buggy. At the end of the class, light refreshments will be available and you can socialise with other local parents!

Contact: Maria Gomez **087 232 3932 /**
mgomez@empower.ie



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Fingal County
Council



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Mulhuddart Breakfast and Buggy Walk Club



Come and join Empower's new **Breakfast and Buggy Walk Club**, you'll have the opportunity to get active and meet other local parents/carers. Join us with your baby/toddler for a local walk followed by a light breakfast at the Mulhuddart Community Centre.

Starting: Wednesday, 28th September

Where: Meet at Mulhuddart Community Centre

When: Wednesdays, 9.30am to 11.30am

Duration: 10 weeks

If you are interested in being part of this programme, please contact **Maria Gomez** on **087 232 3932** or email mgonzalez@empower.ie



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Ireland's European Structural and
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FINGAL COUNTY
CHILDCARE COMMITTEE



IT IS A SPACE FOR CHILDREN TO
PLAY, LEARN AND GROW TOGETHER

The Mulhuddart Parent/ Carer and Child Group meet
every Thursday morning during school term time in
Mulhuddart Community Centre from **10am to 12noon**

There is no need to book just turn up

If you would like to know more about the group you
can contact **Pauline Mangan** from Empower on
0874190777 or email **pmangan@empower.ie**

WE WOULD LOVE TO SEE YOU THERE!!!



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