

 **CAVAN GAELS & KILLYGARRY GAA HEALTHY CLUBS LAUNCH**

**Cavan Gaels & Killygarry GAA** clubs are celebrating their involvement in the award winning GAA Healthy Clubs project with a joint launch event on **Friday May 6th at 6.45 p.m. in Cavan Council Chamber.**

**Cavan Gaels & Killygarry** are two of just 60 GAA clubs nationwide participating in Phase 2 and each Club Executive and Healthy Clubs project team would like to invite all members of the community to help celebrate this achievement through our local launch.

We want to ensure that everyone who engages with our clubs benefits from the experience in a health-enhancing way – be they members, players, supporters’ or members of our community. With your help we would like to identify priority health issues in the clubs and community that each club can support, please join us on the 6th May at the Council Chamber, Courthouse, Farnham Street , Cavan .

**We are delighted to welcome Aogán Ó Fearghail, Uachtarán CLG to the joint launch of Killygarry and Cavan Gaels Healthy Clubs projects.**

The Healthy Clubs Project aims to support clubs in building healthy practises into their everyday activities while also responding to the health and wellbeing needs of their members and their communities. Areas of work included physical activity, emotional wellbeing, health screening, anti-bullying, diet and nutrition, inclusion, drug and alcohol awareness, life skill and personal development, anti- smoking, facilities development, and engagement with older community members. Irish Life has delivered a three year CSR investment to help Phase 2 achieve its full potential in supporting the nation’s health.

 **Cavan Gaels & Killygarry** are thrilled that our efforts to provide our members with opportunities to develop their physical, social, emotional, and psychological health has been acknowledged and we intend to make our clubs *“healthier places for everyone to enjoy”.*

We hope to see you on May 6th and we would love to hear your views. For further information the **Cavan Gaels** **Healthy Club** **Project Leader is** **Mary McCarthy** on 087 2336925 or marymccarthy777@gmail.com & the **Killygarry Healthy Club Project Leader** is **Kevin Reilly** 087 2120111.