

Sliabh Luachra Active Retired Network  
Positive Ageing Day  
Knocknagoshel Community Centre  
2nd October 2024

BOOKING  
ESSENTIAL

10.00am—2.00pm

FREE EVENT

*Speakers include:*  
*Dr Mary Buckley Geriatrician,*  
*Physiotherapist*  
*Muintir na Tire*  
*Fire Safety - Local Fire Service*  
*First Aid Trainer*

*Tea/Coffee and Scones Provided*  
*A number of information stands will be there*

*including:*

*Community Healthcare Network 1, HSE*  
*NEWKD, Muintir na Tire , Local Link , Recovery*  
*Haven , Age Friendly, ICPOP, and more...*

**THIS IS A FREE EVENT**

**Booking is essential (No Walk-in)**

Contact : Catherine on 087 7549208

