



Age & Opportunity CarePALs workshops for Autumn/Winter 2025.

The aim of our CarePALs initiative is to enable care staff to deliver physical activity sessions to those in their care, which can be included as part of their daily or weekly routines, without additional costs to the care setting.

Participants are not expected to have any background or formal experience in leading physical activities, but they will need to have an interest in learning to lead physical activities. CarePALs involves a 2-day training course and is funded by the HSE, so is free to participants.

Upcoming CarePALs Training 2025			
	Location	Dates	Area
	Kerry	9 th September and 16 th September (Tuesdays)	Tralee
	Clare	19 th September and 26 th September (Fridays)	Clare
	Waterford	22 nd September and 29 th September (Monday)	Waterford City
	Kildare	24 th October and 31 st October (Fridays)	Kildare Town
	Dublin South	12 th November and 19 th November (Wednesdays)	Loughlinstown
	Galway	14 th November and 21 st November (Friday)	Galway City

If you are interested in attending any of the above workshops or would like further information, please **contact Máire Murphy (PALs Coordinator) at maire.murphy@ageandopportunity.ie**

