



# Make Every Movement Count 30 Day Challenge



October						
Fri	Sat	Sun	Mon	Tue	Wed	Thu
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



- **Weekly Cuppa & Chat**
- **Calendar of Fun Challenge's**
- **Prize for 'Movement Motivators'**



**Join us on zoom**

***11AM Tuesday 27th September to find out more!***

**Or Contact: [activityhub@smh.ie](mailto:activityhub@smh.ie)**



**Meeting ID: 968 9015 1938**