

## THE WISDOM WALK



Join myself Ted Kelly and Dr Tony Bates for a gentle stroll to Kilaspugbrone Church from Strandhill beach to mark **World Mental Health Day 2022**.

Life is hard sometimes. We get knocked and it can be tough to get up again. Yet here we are in all our humanness, still here doing our best. This is a walk honouring our perseverance, celebrating life and providing an opportunity to share our difficulties and the wisdom we have gathered as a result of overcoming them.

**DATE: Sunday 09<sup>th</sup> October at 11am. (Please arrive at 10:40 to complete registration)**

**Start/End:** The Canon at Strandhill beach car park

**Duration:** 1hr 45mins including breaks and chat

**Walk Type:** Moderate

**What to bring:** walking boots, walking poles (if desired), waterproofs, and mats for sitting, flask of tea/coffee and edibles.

**CONTACT TED KELLY TO REGISTER FOR THIS FREE EVENT: 087 6884201**

