



**Great News received yesterday that we have achieved Healthy Club Foundation Status!**

This was great work by a lot of people but in particular we would like to recognize Trish, Kathleen, Sara, Aileen and Tracy who went above and beyond on different aspects of the process.

Also, Frank who has partnered with Trish and drives the Healthy Club programme in Kiltale.

The below Initiatives have helped us achieve this status:

- - Healthy Club Signage at club grounds
- - Club participation in Every Step Counts Challenge and Ireland Lights Up
- - Darkness Into Light walks
- - Club 24hr Walkathon
- - Healthy Club Discussion by Gerry Cooney & Niamh Farrelly on "The risks for young people around alcohol and other addiction"
- - Nutrition talk to players by Sports Ireland Institute Performance Nutritionist David Tobin

- - Biodiversity talk to club members by Senior Dublin Zookeeper Brendan Walsh
- - Implementation of GAA Smoke & Vape Free policy & signage at club grounds

Bringing initiatives and policies such as the above are all for the betterment of the community and club alike, we hope people will continue to engage in these initiatives as more continue into 2024 and the future!

Should you wish to get involved in our Healthy Club Project, please make contact with our Healthy Club Officer Trish Kelly.

#HealthyClub

#Healthisattheheartofeveryclub