

Special Olympics Leinster



Health Promotion Initiative

Special Olympics Leinster is proud to announce a Health Promotion facilitator Training evening. This is for club volunteers, who will go on and teach athletes in their clubs about health eating and regular exercise!

What will be involved?

- Learning what Health Promotion is
- Learning about what foods are healthy foods
- Learning about what puts athletes at risk
- Learn about how to promote healthy eating in your club

There is no cost for this course and it will really be beneficial to athletes and yourself.

The course will hopefully help you understand more about Health Promotion and hopefully you as a coach/volunteer will be able to share your knowledge with athletes and club members.



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Interest Form

Please complete the form in BLOCK CAPITALS, Amy Beynon, Special Olympics Leinster, National Sports Campus, Snugborough Road, Blanchardstown, Dublin 15 or by email to amy.beynon@specialolympics.ie

Name: _____

Home Address: _____

County: _____

Daytime Phone No: _____

Evening Phone No: _____

Mobile Phone No: _____

E-mail Address: _____

Club: _____

Date & Time: 05/12/2017 7pm – 9pm

Venue: Special Olympics Headquarters, National Sports Campus