**Health Promoting Homes**

**Starting Wednesday 10th January at ARC Healthy Living Centre**

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***Cooking & Nutrition***

***Personal Development***





***Physical Activity***



There will be incentives & gifts at the end of the programme for participants who complete the programme.

Limited places, to reserve a place contact the ARC on 02868628741 or email anne.taggart@archlc.com

Programme starting Wednesday 10th January 2018 10am at ARC HLC, Irvinestown.

*Supported by*