



FREE Online Events for TEENAGERS in County Meath

Want to register? Go to www.welloige.eventbrite.com and book your place on one or all of our events

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TIK TOK

Learn the Latest TikTok Dance Trends

- > Age 12-14 yrs Starts Monday 1st March, 7.00pm-7.30pm
- > Age 15-18 yrs Starts Monday 1st March, 7.30pm-8.00pm
- > 3 Week Sessions



FITNESS WITH SHANE RICE

For all Fitness Levels

- > Every Tuesday & Thursday
- > Starting Tuesday 2nd March, 6.00pm - 6.30pm
- > 4 Week Sessions



NUTRITIOUS & DELICIOUS

Explore Healthy Eating & Improve Overall Wellbeing

- > Starts Wednesday 3rd March, 6.00pm - 7.00pm
- > 4 Week Workshop
- > Manage your mood with healthy eating & simple recipes



BEAT THAT BASE

This Skincare and Makeup Workshop

- > Starts Friday 5th March, 4.00pm - 5.00pm
- > 4 Week Workshop
- > Learn about Skin Types, Skincare & Makeup Techniques

TO BOOK A PLACE

Go to www.welloige.eventbrite.com

For more info call or text one of our Meath Foróige Team at:

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FITTER HEALTHIER HAPPIER

Enabling young people to take charge of their health & well being

