

A TRAINING PROGRAMME TO HELP FIND YOUR MOJO

MOJO

KILDARE

CREATING **MALE** SPACE

MINI MOJO

STARTING FRIDAY MARCH 31ST IN KILCOCK

Are you?

- In distress
- Feeling isolated
- 18 Years or older
- Want to get motivated
- Boost your wellbeing
- Able to participate 1 morning per week for 4 weeks

Contact: Niamh on 085 284 5871

or

niamh@kildare.mojo-programme.org



* Participation on this course will not affect your benefits if you are on social welfare