Actively Changing Gears

A resilience boosting and physical activity course for managing our health during Covid-19.

*‘If health is our wealth, managing it is all the more important’*

**Age & Opportunity** has received funding from **Sport Ireland** to offer a health & wellness course to family carers. We are very aware of the pressures many family carers are experiencing during Covid-19 and we want to offer a six-week course designed to boost wellbeing and resilience and also increase levels of physical activity. We hope that by taking part in the course you will feel better equipped to look after yourself as well as the persons in your care.

We will deliver four courses, starting from March 20th to groups of 20 family carers. There is no cost as it is funded by Sport Ireland.

1. **Wednesdays**  
   24, 31 March, 7, 14, 21, 28 April (10-12 noon)
2. **Wednesdays**

24, 31 March, 7, 14, 21, 28 April (2-4pm)

1. **Thursdays**25 March, 1, 8, 15, 22, 29 April (10-12 noon)
2. **Thursdays**1, 8, 15, 22, 29 April, 6 May (2-4pm)

Each session lasts 1.5 hours and this includes half an hour with a physical activity trainer; the rest of the session focuses on building our mental and emotional resilience.

If you are interested, please email Fiona Holohan: fiona.holohan@ageandopportunity.ie. Closing date is Friday 19th March.

*Actively Changing Gears* is a 6-session course that offers participants time to

* + Think about the challenges they face and steps they can take to manage them better;
  + Develop skills which build confidence for the future and increase levels of physical activity;
  + See ageing as a time of hope with positive options and opportunities.

The course is set up so participants can use life lessons from past experiences as well as current strengths, abilities and resources, to manage health issues more positively in the future.

**Sessions one and two: Life challenges (Up to Now)**

**Sessions three and four: Building Confidence (Here and now)**

**Sessions five and six: Planning for tomorrow (Where to from here)**

