

# Teens with Diabetes Activity Day

Friday 13th July

- Want to meet other people your own age with diabetes?
- Like to try your hand at water sports?
- Enjoy competitive team activities?

Then sign-up now for the Diabetes Ireland Activity Day for 10-16 year olds.

To find out more contact **Siobhan** on Lo-Call **1850 909 909** now, or e-mail **info@diabetes.ie**

## Centres

1. **Ballyhass lakes - Co Cork**, Kayaking & Team Challenge
2. **Burren Outdoor Education Centre - Co Clare**, Kayaking & Team Challenge
3. **Loughcrew - Co Meath**, Kayaking & Team Challenge
4. **Donegal Adventure Centre - Co Donegal**, Kayaking & Team Challenge
5. **Dunmore East Adventure Centre - Co Waterford**, Kayaking & Team Challenge



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