

**Cumann Pheadair Naofa**  
**(St. Peter's GAA Club, Warrenpoint)**  
**[www.warrenpointgaa.com](http://www.warrenpointgaa.com)**



**Health and Well-Being Sub Section Report**

**Core Activities**

- **Physical Exercise Training Programme (Brendan Rice)**– continuous/recurring, 6-week sessions. 2 session per week.
- **Gaelic 4 Mothers & Others** – continuous/recurring. 2 sessions per week.
- **GAA for All** - continuous/reoccurring. 1 session per week.
- **First Aid/CPR/Defib Training** – continuous/reoccurring.
- **General Fitness** – outside of formal events, individual members are maintaining high levels of fitness training: walking, jogging, sea swimming, work outs.
- **General Awareness of Health and Wellbeing** - ongoing circulation of related material to our membership.

A Health and Well Being Sub Committee has been formed with the aim of developing a programme of events that will add to what we are doing at present and to cater for aspects of 'health and well-being' across all our membership, insofar as we can. This will include raising awareness of various specific aspects of health and wellbeing.

**Sub Committee Members:**

- Pat Rooney
- Anne McCormack
- Aisling McGivern
- Colette Lock
- Roisin Keenan
- Sinead Rice
- Fiona Robinson
- Johnny O'Hare

On a general note, CPN has been awarded 'Foundation Healthy Club Status' and has been officially recognised, by the GAA, as a Healthy Club. In doing so, it has acknowledged that the club's 'policies, partners, activities and environment are aligned with supporting the holistic health of its members and community'. Well done to all involved.

**P Rooney.**  
**Health and Well-Being Officer**