

YES, I'd like to support the **Irish Heart Foundation's** goal to reduce death and disability from heart disease and stroke.

APPO0246

Personal Details

NAME:
 ADDRESS:

 EMAIL:
 PHONE:
 MOBILE:

Credit Card (one-off)

I would like to make a gift of:
 €45 €75 €125 €250* OTHER €
 Visa Mastercard Laser Laser only
 Card number:
 Expiry date: / Security Code**
 Signature: Date:

Direct Debit (monthly)

€10 €15 €18 €21* OTHER € PER MONTH
 Bank Name:
 Address:
 Account Name:
 Sort Code: Account Number:
 Signature: Date:

*If you are a PAYE tax payer, gifts of €250 in one year (€21 per month) could be worth up to an extra 70% to us at no extra cost to you.
 ** Last 3 digits on the signature strip on the reverse of your card.

Preferences Do you need a postal receipt?: Yes No (saves us 54c)
 I am happy to receive communications by: Email Phone Post

DD plus
 OIN 3 0 6 3 2 2

This is a guarantee provided by your own Bank as a Member of the Direct Debit Scheme, in which Banks and Originators of Direct Debits participate.

If you authorise payment by Direct Debit, then:
 Your Direct Debit Originator will notify you in advance of the amounts to be debited to your account.
 Your Bank will accept and pay such debits, provided that your account has sufficient available funds.

If it is established that an unauthorised Direct Debit was charged to your account, you are guaranteed an immediate refund by your Bank of the amount so charged where you notify your bank without undue delay on becoming aware of the unauthorised Direct Debit, and in any event no later than 13 months after the date of debiting of such Direct Debit to your account.

You are entitled to request a refund of any Variable Direct Debit the amount of which exceeded what you could have reasonably expected, subject to you so requesting your Bank within a period of 8 weeks from the date of debiting of such Direct Debit to your account.

You can instruct your Bank to refuse a Direct Debit payment by writing in good time to your Bank.
 You can cancel the Direct Debit Instruction by writing in good time to your Bank.

PLEASE RETURN IN AN ENVELOPE TO:
 THE IRISH HEART FOUNDATION,
 50 RINGSEND ROAD, DUBLIN 4

Let's Go Walking...

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes a day.
- Drink a glass of water before and after your walk and don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- Try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless.
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start. Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.



Supported by The Irish Sports Council and the HSE

Slí na Sláinte

A regular programme of walking...

- Keeps your heart strong
 - Improves muscle strength
 - Helps to manage your weight
 - Makes you feel good
- ...but above all walking is fun!

Physical Activity

- Reduces risk for several chronic diseases including heart disease, stroke, high blood pressure, osteoporosis, anxiety and depression.
- For health benefits you need to walk for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

Help to maintain Slí na Sláinte

Please report any dangerous obstacles or missing/damaged signs to:
 Monaghan County Council
 Municipal District of Ballybay-Clones
 Monaghan Street, Clones
 T. (047) 51018
 E. clones@monaghancoco.ie

The Irish Heart Foundation
 50 Ringsend Road, Dublin 4
 T. 01 668 5001 F. 01 668 5896
 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787
 www.irishheart.ie www.stroke.ie
 Charity No: CHY5507

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www.irishheart.ie



Let's Go Walking...



Clones Slí na Sláinte

Sponsored by Monaghan County Council and supported by Clones Walkers

Clones Slí na Sláinte Mullinamoy Loop 3.3km



Sponsored by Monaghan County Council and supported by Clones Walkers

Mullinamoy Loop – 3.3km

Welcome to Clones, a town steeped in sporting history and home of Ulster football. This first Slí na Sláinte in Clones follows the popular Mullinamoy Loop. The walk starts at the car park of Páirc Nua — Séamus Mac Cába which lies on the route of the famous Ulster Canal on the Cavan Road. Coming out of the carpark turn right and walk to the Ulster Canal Stores where you should cross the road and follow the Cavan Road to the mouth of Mullinamoy Lane. Turning right into Mullinamoy Lane continue along the lane with its gentle hills until you emerge onto the Newtownbutler Road. Crossing the road to the footpath, turn right and continue towards the town to the junction of Fermanagh Street and Lower Fermanagh Street, with the Creighton Hotel on the right.

Round the corner to the left and cross Lower Fermanagh Street at the pedestrian crossing, and proceed to '98 Avenue where you should cross again at the pedestrian crossing to walk on the right hand side of the road. Continuing along '98 Avenue you will pass the impressive contemporary County Library on the right. Follow the line of Barry McGuigan Park to the traffic lights on the Monaghan Road. Walk up the Monaghan Road to the Diamond with its notable architectural features including the prominent St. Tighernach's Col Church, the Market House and the Celtic High Cross. At the pedestrian crossing in the Diamond, cross to the left hand side and continue straight to the Cavan Road. Crossing the junction of Ball Alley, you will see the imposing feature of Clones Round Tower in the distance on the left. Continue along the Cavan Road to the finish at the car park of Páirc Nua—Séamus Mac Cába.

Distance-Time	3.3 kilometres/approx. 45mins
Difficulty	Easy
Terrain	Road
To Suit	All levels of fitness
Start/Finish Point	Páirc Nua—Séamus Mac Cába, Cavan Rd
Minimum Gear	Walking shoes and rain gear
Grid Ref	54.176271, -7.236385

Suitable as a daytime walk only.
The route can be walked in either direction.

The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity — it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended minimum of thirty minutes of physical activity five days of the week. You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. Simply follow the km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION
50 RINGSEND ROAD
DUBLIN 4