



Sláintecare.  
**Healthy  
Communities**  
Westmeath



## Huge Thank you

- Belvedere House Gardens & Park
- The Emerald Lakes Academy of Irish Dance & TTC Group
- Westmeath Civil Defence
- Westmeath Sports Partnership
- Youth Work Ireland Midlands
- National Park & Wildlife Ranger
- Westmeath County Council
- Westmeath GAA
- Leinster Rugby
- Lidl Mullingar
- Information Village Stand Holders
- Everyone who assisted and helped in any way



An tSeirbhís Páirceanna Náisiúnta  
agus Fiadhúla  
National Parks and Wildlife Service



Rialtas na hÉireann  
Government of Ireland



House, Gardens & Park



## Well Westmeath Expo



## Saturday 18th May



11am to 4pm



**Belvedere House Gardens & Park, Mullingar N91 EF80**

Health, Wellbeing and Activities, Information Village, Music, Dance, Guided Tours, Nature Walk, Fun Exercises & 'Have A Go' at Physical Activities

**This is a Free Event**

Westmeath Healthy Communities - 044 9338918 email: [healthycommunities@westmeathcoco.ie](mailto:healthycommunities@westmeathcoco.ie)  
Healthy Westmeath - 044 9332075 email: [healthywestmeath@westmeathcoco.ie](mailto:healthywestmeath@westmeathcoco.ie)



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**WESTMEATH  
SPORTS  
PARTNERSHIP**  
— SPORT IRELAND —



**Belvedere**  
House, Gardens & Park



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# Well Westmeath Expo Activities & Entertainment

• **Main Stage in Visitor Centre from 11.30 am to 4pm**  
The Emerald Lakes Academy of Irish Dance & TTC Group

• **Guided Tour—Story of Belvedere**  
3pm Meet at Jealous Wall

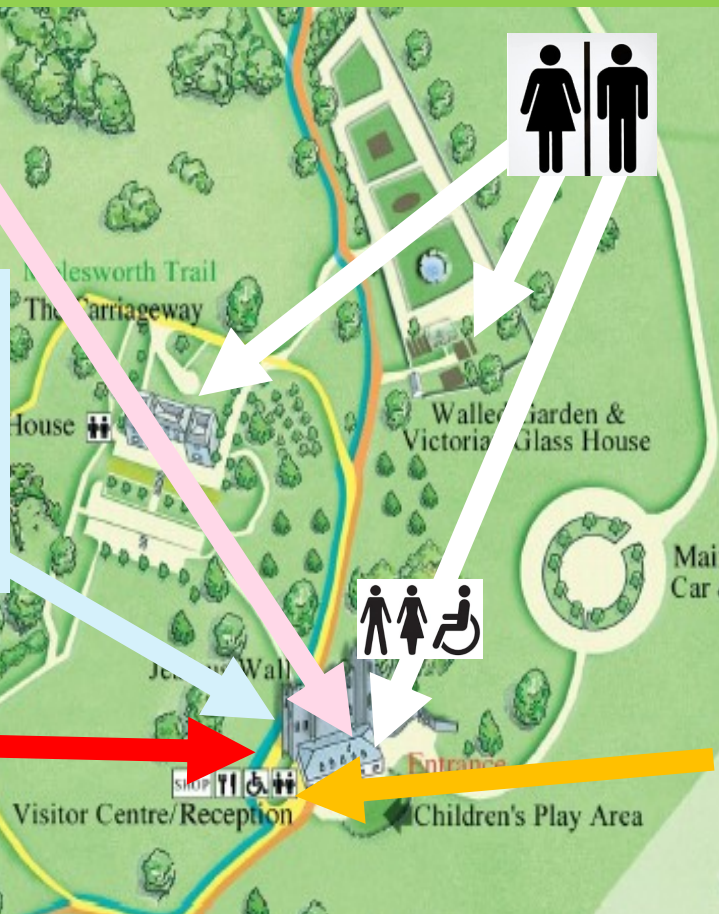
• **Nature Walk – National Parks & Wildlife Ranger (NPWS)**  
1.30pm Meet at Jealous Wall

• **Youth Work Ireland Midlands— Near Jealous Wall**  
11am to 4pm

**First Aid** Westmeath Civil Defence 11am to 4pm

## All Below in Activities Area Near Lake Shore

- **Westmeath Sports Partnership**  
**Come & Try Activities between 12-4pm in Activities Area at Lake Shore!**
  - Martial Arts/Self Defence
  - Orienteering Maze and Mini-Circuit
- **GAA Have A Go—Family Fun Games**  
- 11am to 4pm
- **Leinster Rugby Have A Go—Family Fun Games**  
- 11am to 4pm
- **Yoga** - 2.30pm to 3.00pm
- **Shibashi (Tai Chi/Qigong)** - 3.15pm to 3.45pm



## Information Village Stands

Marquee at back of Visitor centre

- Active Retirement Ireland
- Cara Phort Family Resource Centre
- Community Gardai
- Community Section Westmeath County Council
- The Emerald Lakes Academy of Irish Dance & TTC Group
- Esker House Women's Refuge
- Healthy Westmeath
- HSE CADS ADAPT – Adolescent Drug & Alcohol Prevention & Treatment Service
- HSE Suicide Prevention Officer
- Irish Cancer Society
- Leinster Rugby
- Midland Regional Drug and Alcohol Task Force
- Midlands Fostering Team
- MQI DATS (Drug & Alcohol Treatment Support)
- Mullingar Mental Health Association
- Mullingar Pride
- National Parks and Wildlife Services (NPWS)
- Road Safety Authority (RSA)
- Sláintecare Healthy Communities Westmeath
- Westmeath Comhairle na nOg
- Westmeath Community Development
- Westmeath County Council Road Safety
- Westmeath GAA
- Westmeath Library Services
- Westmeath PPN
- Westmeath Sports Partnership
- Westmeath Traveller Project
- Westmeath Women's Project
- Yoga/Tai Chi/Qigong
- Youth Work Ireland Midlands

**Well Westmeath Expo**

CONNECT

BE ACTIVE

TAKE NOTICE

GIVE

KEEP LEARNING

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