Join us in the Irish Life Every Step Counts 2023 Challenge which starts on 11th January & concludes the 15th Feb🚶‍♀️🏃🏽‍♀️

The MyLife Every Step Counts Challenge is back for 2023!

JOIN US!

Sign up on the MyLife by Irish Life App and then:

🟢 Select Social
⚪️ Select Challenges
🟢 Select Pending
⚪️ Select Ulster GAA- Every Step Counts 2023

🟢 Select St Mary’s Granemore

There will be no organised times. You can come walk any evening or time that suits you. The lights will be on. 💡💡💡

#healthandwellbeing
#makingourclubahealthyclub
#lookafteryourself
#newyeargoals
#newyearnewyou
#GAAhealth

