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

