
Edufit Menowell Masterclass - recording, feedback & resources

1 message

galway active <galwayactive@galwaycoco.ie>

26 September 2024 at 17:08

Good evening,

Thank you for registering for the Masterclass in Physical Activity for Health and Wellness in Perimenopause and Postmenopause which took place last night with Dr. Diane Cooper.

Please use the following [Feedback form](#) to tell us how you found the Masterclass and online delivery.

Please find attached the PDF of the workshop last night.

Diane has also provided a separate 'while the kettle boils challenge' in case anyone would like to print and try it out.

Please find the link to the masterclass recording here : https://youtu.be/9unH_7W74xg?feature=shared . Note that access to this link will stay live for three weeks, so it will expire on **Friday 18th October**.

Here is the link (no expiration) to the playlist of four exercise videos Diane referred to in the presentation: <https://www.youtube.com/playlist?list=PLAr-GueSLJb5kGnrvm0QdHgso2e1kKfbW>.

The playlist contains:

- (i) a 40-minute multimodal exercise video with Anne
- (ii) a 40-minute strength and conditioning video with Yvonne
- (iii) a 5 minute balance video with Anne
- (iv) a 16-minute flexibility video with Anne.

We will be in touch in coming weeks on the delivery of the Edufit Menowell online programme and keep an eye on our social media platforms for updates.

Kind Regards,

Karen Concannon

Community Sport Development Officer | Galway Sports Partnership | Galway County Council

Áras an Chontae, Prospect Hill, Galway, H91 H6KX

Mobile: 087 3631550 | email: galwayactive@galwaycoco.ie | web: www.galwayactive.ie |



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2 attachments

 **Masterclass in Physical Activity for Health and Wellness in Menopause_Galway Sports Partnership_EduFIT.pdf**
2172K

 **While the kettle boils challenge.pdf**
134K