

Christmas Cards

Western Alzheimers Christmas cards will be available from October 2007 from a wide range of retailers' throughout the West of Ireland. Cards are available in packs of 10 and cost €5.00. All funds raised from the sale of Christmas cards goes directly to Western Alzheimers.

For further information contact any of our offices Mayo – 094 93 64900 Galway 091 565 193 Roscommon 090 66 27816



The Biggest Loser Christmas Weight Loss Challenge

*Can You become the Biggest Loser??
Join Western Alzheimers - Weight Loss Challenge*

This time last year, Western Alzheimers launched its inaugural “Biggest Loser” weight loss challenge. Such was the success of the campaign, with over 60 people participating, throughout Co. Mayo, they are going ahead again this year with the campaign, at this time of year it is an ideal time to lose some weight and at the same time raise some funds for a very worthy charity.

Last year all participants were required to register and weigh in at the Leisure Centre in the McWilliam Park Hotel, Claremorris to officially start the 6 weeks challenge. Due to the great response last year Western Alzheimers have extended the centers this year to the following locations throughout Galway, Mayo & Roscommon. See below for weigh in and weigh out dates and times in the various locations.

The weigh in will be conducted in a confidential manner by a staff member from each of the leisure centers at the various locations. The campaign will officially end on Thursday evening December 18th, when each participant will “weigh out” at each of the venues. There will be special prizes for both ladies and gents and the overall winners in each category will be the people who have lost the most weight during the 6 week campaign.

Mayo : 094 93 64900

**LEISURE CENTRE, MCWILLIAN PARK HOTEL, CLAREMORRIS
LEISURE CENTRE, CASTLECOURT HOTEL, WESTPORT
TRANQUILITY LEISURE & SPA, RAMADA HOTEL, BALLINA
LOUGH LANNAGH FITNESS CENTRE, CASTLEBAR**

“Weigh in” on Monday evening, November 10th, from 6pm to 8pm. “Weigh Out” Thursday evening December 18th, there will be special prizes for both ladies and gents and the overall winners in each category will be the people who have lost the most weight during the 6 week campaign

Enquiries/ Sponsorship Cards contact 094 93 64900

Galway: 091 565 193

**CURVES GYM LISBAN BUSINESS PARK, TUAM RD, GALWAY
SUILEEN GYM, N17 BUSINESS PARK, TUAM**

“Weigh in” on Monday evening, November 10th, from 6pm to 8pm. “Weigh Out” Thursday evening December 18th, there will be special prizes for both ladies and gents and the overall winners in each category will be the people who have lost the most weight during the 6 week campaign

Enquiries/ Sponsorship Cards contact 091 565 193

Roscommon : 090 66 27816

THE ABBEY HOTEL, ROSCOMMON

“Weigh in” in the Abbey Hotel, on Monday evening, November 3rd, from 6pm to 8pm. “Weigh Out” Monday evening December 15th, there will be special prizes for both ladies and gents and the overall winners in each category will be the people who have lost the most weight during the 6 week campaign

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