



## SEMINAR

**Date:** Monday 12<sup>th</sup> May

**Time:** 8pm

**Location:** Derrygonnelly Harps GAC

This event will explore how alcohol can be managed within sporting and GAA structures in order to get the best from your players and enhance the reputation of your clubs. It will provide information on:

- The negative impact of alcohol misuse on sporting performance
- Encouraging healthier lifestyle choices among players
- How your club can play a positive role in encouraging alcohol culture change

### Who should attend:

- Underage & Adult Team Players
- Club Coaches
- Club Managers
- ASAP/Health & Well-being Officers and Club Committee Members
- Other sporting codes and wider community

### Speakers:

- Dr. Lynette Hughes, Northern Ireland Association for Mental Health (NIAMH) & Tyrone GAA
- Time2Change Project

If you would like to attend this event, please contact Adrian/Emmett, Time2Change Project on [adrianl83@hotmail.co.uk](mailto:adrianl83@hotmail.co.uk) / [emmett@derryhc.com](mailto:emmett@derryhc.com) or 02871 384568 or Martin McBrien, Fermanagh County Board on [mjmcbrien@gmail.com](mailto:mjmcbrien@gmail.com)

