



Transition Year **5k** Run

Wednesday, October 14th  **Thursday, October 15th**

Time : 2pm

**Wear PE gear to school
and bring plenty of
water!**



**Don't forget to raise at
least €5 for CRY**



**CRY Ireland raises awareness of the
condition known as Sudden Cardiac
Death or Sudden Adult Death
Syndrome.**

**They provide free counselling
service and support for families and
friends affected by sudden death or
cardiac conditions.**

**They provide free heart screening
for families and individuals.**