

During March 2012 the Public Health Agency, Southern Health and Social Care Trust, Armagh City and District Council, Banbridge District Council, Craigavon Council and Newry and Mourne Council are joining forces to provide a healthy living initiative to give everyone the opportunity to 'Give It A Go!' You can try a range of activities and events which will help you be active, eat well and feel good. Most of these are free and in your local area.

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