**CORE HEALTH AND FITNESS:** Get fit, lose weight and feel better. With memberships from €32 per month, Personal training for less than €7 per session, at a time that suits you. Pilates, Yoga and Circuit training classes ongoing, you really have no more excuses! Feel free to come in and look around. For more information visit our website www.corehealthandfitness.ie or contact us on (087) 9302152 or (057) 8740637 or info@corehealthandfitness.ie by email.

**ATHLETICS:** Well done to Avril Deegan who came second in the Munster Schools XC in County Cork last Thursday. Avril was also a member of the Presentation Thurles team who won gold. Avril now really looks forward to the All Ireland Schools in Belfast on the 11th of March. Avril is also preparing for a trip to France next weekend where she will run in the French XC National Championship. Best of Luck Avril!

**THE HARPS GAA CLUB:** *Smash Hits Night:* Keep your diary free for March 11th when The Harps GAA will hold a fundraiser in Lennons Venue, Durrow. The massively popular Smash Hits group will perform songs that have thrilled audiences all across the UK and Ireland on the night. Keep an eye out on Social Media for further details and competitions to win some tickets for the event!!!

**Annual County Board Draw:** The Harps GAA Club appeal to everyone to support the Annual County Board Draw which is a massive fundraiser for the Club. Tickets are currently on sale from all committee members and adult players until February 28th. Why not buy one in conjunction with a friend?

**THE HARPS GAA JUVENILE SECTION:** The Nursery Programme for Junior and Senior Infants Boys will continue on Sundays in Cullohill Community Centre from 12pm until 1pm.

**DURROW-CULLOHILL PARISH ANGLERS:** The next pike fishing competition will be held on February 26th. All members will receive a text message to their phones with all the details.

**RUGBY:** Congratulations to Joe Murphy who helped his side into the Leinster Schools Senior Cup semi-final earlier this week.

**BLUEWAY WALK THIS SUNDAY:** Woodenbridge Community Alert will hold a Blueway Walk on Sunday 19th March. Starting at 2.00pm from the Woodenbridge with registration from 1.15pm. This 7km trail follows the Erkina River for 3km traversing the scenic Curragh Wetlands where many species of migrant Birds make their home for the Winter before turning right into the beautiful Alluvial Woodlands to follow the forest path of Bishopswood leading to the public road. From here the trail continues to the finish at Newtown Mill where refreshments will be held along with a monster raffle with numerous prizes on offer. This event will support the Woodenbridge Community Alert CCTV Project. For further information please contact (087) 2395357. This trail has never been walked in it's entirety before!

**PARENTS' GUIDE TO A BETTER INTERNET:** Popular website www.webwise.ie have launched a new parenting handbook. The Parents' Guide to a Better Internet offers practical advice on a range of topics including cyberbullying, screen time, social networking and much more... The booklet will help parents to help protect their children and have a positive experience when they are online. Webwise have also launched a new online Parenting Hub: Webwise Parents and Parenting Handbook which will provide parents with easy access to practical advice and information to help address their concerns about the various issues facing their children online.

**CONGRATULATIONS:** to Deirdre Fitzpatrick who won RSVP Bride of the Year 2016 after getting a huge 40% of the vote from almost 50,000 people in an online contest earlier this week. Well done!

## Classified Ads

**LOOKING FOR A WEBSITE?** Get your Business or Personal Website online now. Contact Andy on (083) 4554040. **PHOTO REPAIR AND ENHANCEMENT:** If you have any old or damaged photographs that you need repaired, enhanced or manipulated, please contact Andy, 16 Derrywood, Durrow on (083) 4554040. Initial repair and one 5"  $\times$  7" print -  $\in$ 25. Each additional 5"  $\times$  7" print thereafter -  $\in$ 5. Visit www.noalphabet.com online!

**INNER WORLD YOGA & MEDIATION STUDIO:** Offering Yoga for beginners, Yoga for men, Restorative Yoga and Sound Meditation. For more information or to book a class call Zara on (087) 1225752, Ballynevin, Cullohill.

**LISA's BEAUTY and MASSAGE ROOM in CULLOHILL:** Fully qualified beauty and physical/sports injury massage therapy. Treatments include: Swedish/hot stone/deep tissue/sports/pregnancy and Indian head massage. Waxing, tinting, threading, spray tanning, gel polish, manicure, pedicure, organic Nía facials, Hopi ear candling & more. For enquirers or an appointment call Lisa on (087) 1257628 or check out the Facebook page @lisasbeautymr online.

**OFFER:** \* Hydrating organic Nía Mini facial with Indian head massage now €20 normally €25... \* Full body he-shi spray tan, intro offer €20 normally €25, half body €10 normally €15!

PHELAN'S TOPLINE HARDWARE, DURROW (057) 8736121 OFFERS AND SPECIALS: Bird Food Tubs from €8.95, Briquettes 5 Bales only €20, Broxo Water Softener salt 25kg €7.50. Don't forget! WE OFFER FREE DELIVERY, WE CUT HOUSEHOLD KEYS & WE MIX PAINT! Find us on Facebook: <u>facebook.com/toplinephelans</u> online.

**LAPTOP + COMPUTER SERVICING AND REPAIR:** Is your laptop running slow?, full of pop-up ads? and generally frustrating to use? Call Laois Computer Services on (087) 4103520 - Phone 6pm-10pm and 10am-6pm weekends.

NEXT NEWSLETTER: The next newsletter will be on sale weekending March 4th <u>&</u> 5th.

ADVERTISE HERE: All adverts must be booked with Angela Drennan (087) 1928522 or Mary Walsh (086) 3055157.

Advertisements cost €2 per issue of Durrow Parish Newsletter and must be paid for in advance.