

Events for Employees 2024

8th March 2024 – International Women’s Day

30th May 2024 - The NMH Foundation Golf Classic

June 2nd 2024 - VHI Women’s Mini Marathon

6th September 2024 – Ireland’s Fittest Company

October 2024 - Walk to Remember

December 2024 - December Dip / Jolly Jumper Day

Additional Fundraising Opportunities

- **Bake Sales, Coffee Mornings, Office fancy dress**
- **Personal Fitness Challenge**
- **Pub quiz, boardgames, yoga with colleagues, family and friends**

For more information, please contact Carolina Miyasaka Events and Campaigns,
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