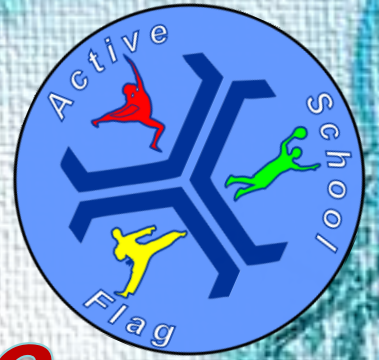




# ASF



## Launch Week Staff Challenge

**Step into Christmas!!**

- To promote staff activity during our Launch Week we are asking all staff to please log their steps with us from Monday 28<sup>th</sup> to Thursday 1<sup>st</sup>.
- To log your steps simply take a picture or screen shot of your activity tracker from your watch or phone and email it to [ASFCoordinator@tullowcs.ie](mailto:ASFCoordinator@tullowcs.ie)
- There will be awards for the top 3 step totals and spot prizes for staff who participate



Instagram:



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Twitter



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TikTok



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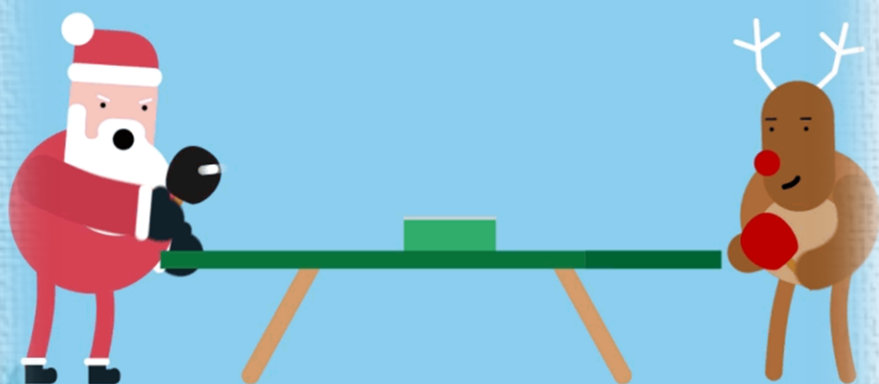
# ASF



## Launch Week Staff Challenge

### Tinsel Table Tennis!!

- To promote staff activity during our Launch Week all staff are kindly invited to Room 60 in their free time or at lunch to play a game of Tinsel Table Tennis.
- Don't forget some festive head gear!!



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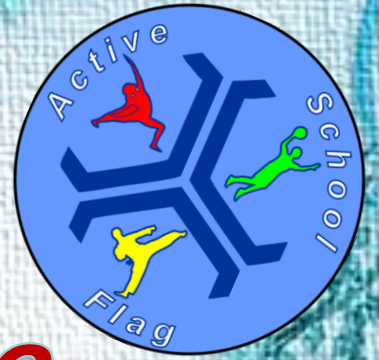


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# ASF

## Launch Week Staff Challenge



### Bauble Biking!!



- To promote staff activity during our Launch Week an exercise bike (with festive baubles) will be set up in the staffroom.
- We hope that staff will go for a 5-10 minute spin in their free time to add some activity to their day.
- There will be spot prizes throughout the week for those participating



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