

The

BIG

Saturday  
Sept 23rd  
2023

splash

for *Aware*®



**Calling all swimmers!**

**Make your swim on Sat 23rd Sept really matter  
by taking a quick, cold dip for Aware.**

Help us raise vital funds so we can continue to support people  
affected by depression and bipolar disorder in Ireland.

Register and receive your exclusive swim hat to show your support.



Go on, give it a splash!

Register today at [aware.ie/splash](https://aware.ie/splash)

Please swim safely. Visit [watersafety.ie](https://watersafety.ie) for more information.